



Double Chubb 25K & 50K Trail Runs

Date: Saturday, April 19, 2008 10th Annual

Start Time: 7:30 AM

Time Limit: 9 Hours

Location: Lone Elk County Park, St. Louis, Missouri. From I-270, take I-44 west for 3 miles to the Valley Park exit (highway 141). At the Valley Park exit, make a right turn (north) and then immediately turn right towards the North Outer Road. Turn left on the North Outer Road following the signs to the Lone Elk county Park. Start area is the old Archery parking lot at the top of the hill, just past the Lone Elk Park exit.

Course: The 50K run is two out-and-backs on the popular Chubb trail. The trail itself varies from a gravel service road, to a mostly dirt trail along the Meramec river, to a mile-long series of climbs, to finally a rolling trail that winds through the hills of the Meramec River. There are no stream crossings. If the Meramec River is well above flood stage then the race will be rerouted. There are two railroad crossings and extreme caution must be taken because the trains come through this area at a high rate of speed. Runners may see deer, turkey and other wild life throughout this accurately measured trail run.

Registration: The fee is \$50 for the 50K and \$40 for the 25K if received by March 2nd; thereafter add \$10 for each. 15% of entry goes towards park maintenance. All entrants will receive a confirmation via email. Packet pickup is on Friday night at the Pear Tree Inn between 6:30-8 p.m., and on race day morning at the start/finish area between 6:30 and 7:15 a.m. **NO RACE DAY ENTRIES.** All entrants will receive a tee-shirt. Belt Buckles for the 50K finishers, and Medals to the 25K finishers **No Refunds.** Race filled last year, by **February 1st.**

Drive Time: Less than 10 minutes from the I-270 and I-44 Interchange in southwest St. Louis.

Toilets: There will be a portable toilet at the start area and a county park restroom at the turnaround.

Aid Stations: Aid station will be approximately every 4 miles. Runners will be provided with an adequate supply of Gatorade, water, pretzels, bananas, potato chips, cookies and boiled potato's.

Weather: Race day conditions are: average high temperature is 65 F and average low temperature is 45 F, extremes are 93F and 26F.

Lodging: Pear Tree Inn (636) 343-8820 @I-44/Bowles Ave. or (800)325-0720
Drury Inn (636) 343-7822 @ I-44/ Bowles Ave. Holiday Inn Express (636) 349-4444 1848
Bowles Ave. Stratford Inn (636) 343-5757 800 S. Highway Drive

All of the above lodging is located off of the Bowles Ave. exit in Fenton Missouri. This is one exit east of the race location exit (approximately 2 miles). There are several restaurants at this exit: Cracker Barrel, Denny's White Castle, Sonic and McDonalds.

Information: Contact Victoria White, email: slugrd@yahoo.com phone : (573) 763-5035.

On-Line Registration: www.active.com

Your participation in this race makes you eligible for the following series:
The Eastern Missouri Ultra Series. Details at www.stlouisultrarunnersgroup.net

Race Results: Complete race results will be available on the SLUG home page at www.stlouisultrarunnersgroup.net Results will also be sent to Ultra Running magazine.

Checks: Make checks payable to: "Slug Races" \$10 discount for SLUG members

Send to: Victoria White
1590 Highway HH
Chamois, MO 65024

T-Shirt Size: ___ Small ___ Medium ___ Large ___ X-Large
Sex: ___ Male ___ Female

Date of Birth: ____/____/____ **Age on 4-19-2008** _____

Race Entered: 50K run _____ **25K run** _____

First Name: _____ **Last Name:** _____

Address: _____

City, State, Zip: _____

Email address: _____

Waiver: I, the undersigned, Certify that I am physically fit, and capable of participation in this event. And I assume full responsibility for any injury or accident which may occur during my participation in the Double Chubb 50K & 25K Runs, and I hereby release and hold harmless the St. Louis Ultrarunner Group, the St. Louis County Government, , the St. Louis County Parks, the State of Missouri, and all other persons and entities associated with this event. I hereby grant permission to the St. Louis Ultrarunners Group to provide my name, and photograph to any of our sponsors or to be used in any publication.

Signature: _____ **Date:** _____

Must be 18 to participate.

50K Records

Male Open & Masters (2007) Tom Whalen MO (41) 3:46:23

Senior (2007) Don Frichtl, IL (50) 4:55:00

Grand Master (2006) Jan Ryerse MO (60) & (2007) Tony Kramer MO (60) 5:16:05

Female

Open (2005)Christine Crawford WI (35) & Becky Leahy MO (30) 4:26:11

Master (2002) Holly Neault-Zinzow WI (41) 4:42:23

Senior (2003) Clara DeCoster IL (50) 5:56:25

25K Records

Male Open (2004) Zac Frendenburg IL (25) 1:33:11

Master (2007) Hugh Davis IN (43) 1:50:14

Senior (2007) Kim Colter MO (55) 2:08:42

Grand Master (2007) Jan Ryerse MO (61) 2:33:24

Female: Open (2007) Mary White MO (39) 2:06:44

Masters (2003) Joan Bennett MO (40) 2:14:50

Senior (2005) Deb Schopp MO (50) 3:03:28

Grand Master (2005) Joyce Yarger IL (61) 4:42:00