

BANANA SLUG BACKYARD ULTRA



4.1667 Miles • 1 hour • Every Hour

April 23, 2022

Champoeg State Park, Oregon

Race Information

Contents

Driving Directions	3
Parking	3
Schedule	4
Friday, April 22	4
Saturday, April 23	4
Required gear	4
Rules	5
Starts	5
Loops	5
Winner	5
Race officials	5
Safety	5
Race results	6
Camping	7
Pavilion resources	7
First Aid Station	7
Common aid station	7
Personal aid stations	8
Park Amenities	9
Restrooms	9
Showers	9
Course	10
Day loop (trail)	10
Night loop (paved)	11
Spectators	12
Photography	12
Crew	12
Emergency Contact	13
Waiver of Claims and Release of Liability	14

Driving Directions

The race takes place at the Oregon state park that your GPS may have listed as either “Champoeg State Park” or “Champoeg State Heritage Area”. Either way, you can use the following address to route to the main park entrance:

8239 Champoeg Rd NE
Saint Paul, OR 97137

The park is about a 7-mile drive from Exit 278 of I-5 and every turn is well marked with some combination of “Champoeg” or “State Park”. Specifically, you can follow these directions:

1. From I-5, take exit 278 for Ehlen Road/Aurora/Natl. Historic Dist.
2. Proceed west on Ehlen road, (that’s a right turn from I-5 south from Portland, or a left turn from I-5 north from Salem).
3. After 3.6 miles, turn right onto Case Rd.
4. After 1.3 miles, the road naturally bends left onto Champoeg Rd.
5. After 1 mile, turn right into the main park entrance

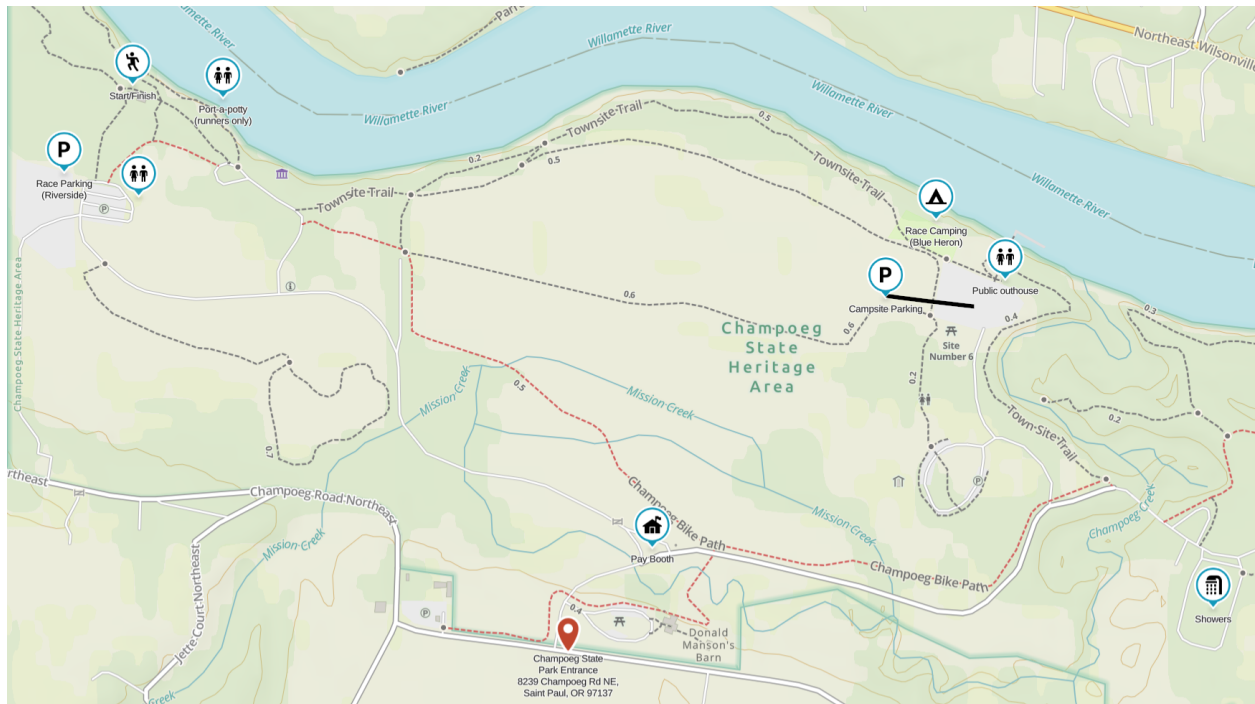


Figure 1: Map of Champoeg Park

Parking

The first thing you’ll encounter at the park is a booth for purchasing parking permits. Each registered runner has parking included for a single vehicle as part of their registration fee. So there is no need to purchase a permit at the booth. Any additional vehicles, (crew or spectators), will need to purchase a daily pass at this booth, (\$5 per vehicle/day).

When you check in with race officials, you will get a Banana Slug Backyard Ultra parking pass to place in the front dashboard of your vehicle.

If you already own an Oregon State Park annual parking pass, it may be used instead. If you do, please let the race officials at check-in know that you will not need a parking pass, (which will prevent the race from spending more than needed).

To get to the starting area of the race, turn left immediately after the parking booth and follow the road nearly 1 mile to where it ends in the Riverside parking area. From the parking area, you should plainly see the pavilion about 500 feet to the north which is where the race begins.

Note: This parking area is officially “day use only”, and the access road has a gate that closes each night at 8:00 PM. That closure allows us to use portions of this road for the night loop of the race without the concern of traffic on the road. But we do have permission for participants to leave vehicles parked in this lot throughout the race, and race officials will be available to escort vehicles safely out and open the gate if any participant needs to leave the race during the night.

Schedule

Friday, April 22

- 4:00 PM: Blue Heron campsite is available for setup
- 5:30 PM - 6:30 PM: Race checkin is available at Blue Heron campsite

Saturday, April 23

- 5:00 AM: Start/finish area is available for setup
- 5:30 AM - 6:15 AM: Race checkin is available at the pavilion start area
- 6:30 AM - 6:45 AM: Race director rule overview/announcements (Meet at the memorial in front of the pavilion)
- 7:00 AM: Race starts! Day loop (trail)
- 8:00 AM: Second day loop starts
 - (etc.)
- 8:00 PM: First night loop (paved) starts
 - (etc.)

The race will continue that way, switching back to the trail each morning at 7:00 AM and back to the road each night at 8:00 and so on until the race is finished. So each 24-hour period will have 13 day loops and 11 night loops.

Required gear

You are responsible for providing the following:

- Sufficient clothing for various conditions encountered
- Nutrition and hydration beyond what the common aid station has
- Reusable cup or bottle, (the race will *not* provide any disposable cups)
- Something reflective (required for running at night)
- A lightsource (headlamp, waist lamp, etc., required for running at night)

Note: In order to run in the dark, runners must have sufficient gear both to see (headlamp) and be seen (reflective). Bring spare lights and spare batteries as needed.

And bring all the clothing you will want. The race will continue through day and night, and whatever the weather might bring. Expect 20 degrees or more of temperature swing, so bring a variety of clothing for various conditions.

Also consider how many changes of clothing you will want for an extended race like this, (and how many shoes you might wear out with the mileage you will put on).

Rules

The rules for the Banana Slug Backyard Ultra are listed below, (and are compatible with the required rules for any official Backyard Ultra as published by Lazarus Lake). Violation of any rule, (as determined by the race director), may subject a participant to removal.

Starts

- Each loop starts precisely at the top of the hour with the ringing of a cowbell
- Warning whistles will be given 3, 2, and 1 minutes prior to the start
- Any runner not in the starting corral at the bell is eliminated
- All runners must start, (leave the corral onto the course), at the bell. No late starts!

Loops

- Once a loop starts, no runner can leave the course (except for restrooms)
- No non-competitors are allowed on the course (some public may be encountered)
- No personal aid can be given during a loop, (specifically runners must not receive *nor* give anything to non-competitors during a loop. Runners can eat and drink what they are carrying and share things with other runners.)
- No artificial aids are allowed (including trekking poles)
- Each loop must be completed within an hour to be counted
- Slower runners must allow passes

Winner

- The race concludes immediately after the first loop that is completed successfully by only one runner or by no runners at all
- The winner is the person who completes a loop that no other runner completes
- All others are technically DNF
- If there is a loop that no runner completes, there is no winner

Race officials

- All participants must follow directions given by race officials
- The race director has final authority in case of any matters left unclear by these rules

Safety

Participants in the race are responsible for their own safety. Here are a few things to keep in mind:

- While the event has exclusive access to the pavilion area, most of the course is on portions of the park that remain open to the public. You are likely to encounter pedestrians and bicyclists while running. This is most likely to happen on the wide bike path where there is plenty of room for traffic in both directions. Stay alert and aware of your surroundings, (particularly, bikes passing from behind).
- There are two brief portions of the course that interact with a road that could have cars. In one case, runners will be on a bike path sharing the road surface as the road crosses a creek. In the other case, the course will cross a road at a stop sign. Both places will be well-marked with signs for the runners, "WATCH FOR CARS", and signs for the cars, "CAUTION - RUNNERS ON ROAD". Pay special attention at these points.

- Headphones may be used while running, but it is the runner's responsibility to ensure they don't interfere with awareness of hazards. Runners are encouraged to keep the volume down and to consider keeping one ear free of headphones to better hear bicycles and cars.
- At night, all runners must wear appropriate gear and clothing both to see and to be seen. This includes a functioning light source and some reflective material. Plan ahead with spare batteries. If you are missing reflective material, contact a race official as the race will have a few reflective wrist loops and reflective vests. The race is not providing enough for all participants, just a few in case of emergency. So plan ahead and bring your own reflective items.
- During the night loop there is a portion of the course that is along a road. This road is closed to the public at night so there should be no cars driving along it. It is vital that no crew or spectators drive along this road during the night loops. Specifically, no cars should be driven between the Riverside and Townsite parking areas from the hours of 8:00 PM to 7:00 AM.
- If any participant is eliminated from the race and desires to leave the park during the hours the road is closed, please contact a race official. An official will ensure that no runners are on the road, will escort your vehicle along the road, and will open the gate for you to allow you to leave the park.

Race results

The Banana Slug Backyard Ultra is a "Bronze Ticket" race in the championship of backyard ultras. This means the winner of this race gains admission to a "Silver Ticket" race, specifically the Tartarus Backyard Ultra (July 30, 2022, Spokane Washington). The Tartarus Backyard Ultra has generously offered to give the winner of the Banana Slug Backyard Ultra free admission as well as giving the "assist" (the last person to DNF) 50%-off admission.

In turn, the winner of the Silver Ticket race will be granted admission to the 2022 US Satellite Team Championship race in Big's backyard in Tennessee. In this race, the US team will be competing against other national teams around the world. This is also a "Gold Ticket" race with the winner gaining admission to the 2023 Big's Backyard Ultra, the bi-annual world championship of the backyard ultra sport.

In addition to the winner advancing from a Bronze to a Silver ticket races, all results from the Banana Slug Backyard Ultra will be added to a pool of "at large" results. Some number of entrants at Big's Backyard Ultra (either national or world championship) will be drawn from the runners with the largest number of loops in the at-large results. So, a sufficiently large result at the Banana Slug Backyard Ultra, even without a win, could also qualify a runner for admission to an elite backyard ultra event.

Camping

Camping is available starting Friday evening at 4:00 PM for those who requested camping as part of their race registration. To drive to the campsite, follow signs for “group tent” (not icons of a tent). Specifically:

- Proceed straight past the parking booth for about a half mile
- Turn left at the stop sign
- Next, turn right to avoid going into the day-use parking area
- Continue into a grass parking area and park along the back fence

Our reserved campsite is called Blue Heron, and is marked with a sign at the northwest corner of the parking area. The campsite has space for many tents, picnic tables, campfire pits, and a vault toilet.

Note that both the day loop and night loop courses of the race go right along this fence at the parking area, (about 1 mile into the day loop, and 2 miles into the night loop). So anyone in the campsite will be able to observe runners at least once on each loop.

Finally, it’s important to note that getting from the campsite to the race start area is a 1.5 mile drive or a 1 mile walk. Also, there is a gate that will close this drive to motor vehicles from 8:00 PM until 7:00 AM each day. A bike (with good lighting!) might be a useful option for navigating back and forth after hours.

Pavilion resources

The starting corral for the race is immediately adjacent to a large, covered pavilion that is reserved for participants of the race throughout the event. The outdoor portion of the pavilion has electric lights at night. This pavilion and the area around it will provide a number of amenities:

First Aid Station

There will be a designated station for participants needing first aid for minor injuries. (For any major injury or emergency, dial 9-1-1 immediately.)

Common aid station

There will be an aid station within the pavilion available to all runners during “inter-loopal periods”. The aid station will provide the following:

- Water, (in pitchers as well as an outdoor faucet)
- Bananas (of course!)
- Tailwind Endurance Fuel in multiple flavors:
 - Naked (unflavored)
 - Mandarin Orange
 - Caffeinated Raspberry Buzz

Tailwind Endurance Fuel provides a blend of hydration, calories, and electrolytes as follows. A serving provides:

- Water (12 oz.)
- Calories (25g blend of dextrose and sucrose)
- Electrolytes (310mg sodium, 90mg potassium, 27mg calcium, 12mg magnesium)
- (The raspberry flavor also adds 35mg of caffeine per 100 calories)

Personal aid stations

The covered portion of the pavilion has plenty of space for all participants and has 20 picnic tables. That is enough picnic table space for every participant to claim up to one-third of one picnic table as a personal aid station. These can be claimed on a first-come / first-served basis. As runners are eliminated from the race, they must give up their space if remaining runners would prefer to move into it.

Participants are also allowed to claim a 10x10-foot space near the pavilion, (such as by setting up a personal pop-up canopy). Canopies may be set up in the grass near the pavilion, but only on the south side of the pavilion and the stone/gravel memorial area. Like the picnic tables, spaces for these personal aid stations are on a first-come first-served basis and must be given up for remaining runners when a runner is eliminated.

Important: No assistance can be provided to any runner while they are running a loop, (that is, from the ringing of the cowbell until the runner has crossed the finish line after completing the entire loop). Violation of this rule will subject a runner to disqualification and removal from the race, (as determined by the race director).





Park Amenities

Restrooms

At the beginning of each loop, (within the first 100 yards), there will be multiple port-a-potties that are exclusively for use of registered runners.

Any crew or spectators needing a restroom should instead use the flush toilets available in the Riverside parking area (just south of the pavilion). The night loop course also passes near this restroom if runners want to use it.

Runners can also make use of the park's vault toilet at the corner of the campsite parking area, (near the dock by the river). Both the day loop and night loop course pass very near this toilet, (at about the 1-mile point in the day loop and the 2-mile point in the night loop).

Showers

Champoeg park has hot showers available within the A-Loop camping area. But note that there is no public parking very near these showers, (parking is only available for people with reserved campsites within the A Loop). The nearest lot would be the Oak Grove day use parking (by the disc golf course) or else the parking next to the Blue Heron campsite, (see the "Camping" section of this document).

Course

Day loop (trail)



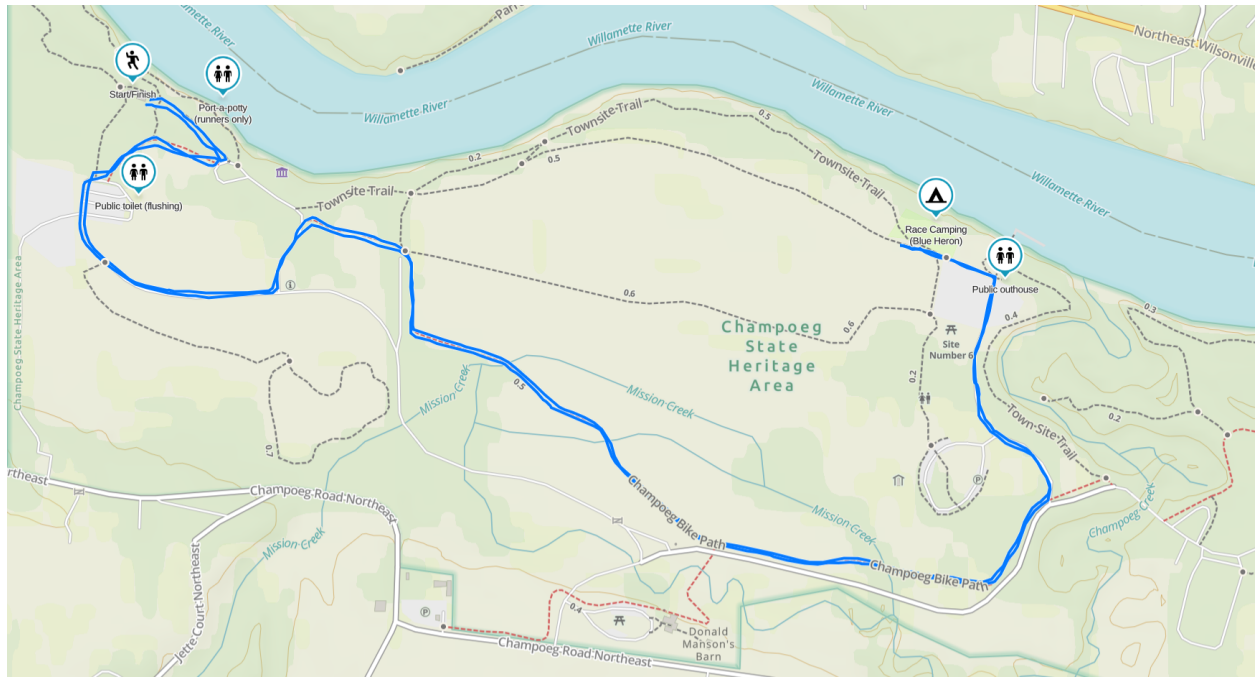
Used for every start from 7:00 AM through 7:00 PM (inclusive). GPS track: <https://slug.run/day-loop.gpx>

The day loop visits as many trail systems in the park as possible. It has a variety of surfaces including wide bark-dust trails, hard-packed dirt single track, and asphalt bike path.

Note: The course will be very well marked, so can be safely followed without memorizing or following the description below. This description is provided simply for your own interest. All mileages (other than the final mileage) are approximate.

- Start: Leave the pavilion down a gravel ramp and through a parking area. The race provides port-a-potties that are for the exclusive use of runners at this point of the course
- 0.3 miles: Turn left onto the Townsite trail. This trail runs under the trees and east along the river
- 1.0 miles: The course enters an open grassy area near the reserved race camp site, then zigs down a small hill near a dock. An outhouse is available near here
- 1.1 miles: The course disappears onto another single track in the trees which continues east until hitting Champoeg Creek and turning right (south) to follow the creek
- 1.3 miles: The trail comes out of the trees into a grassy portion of the park near the disc golf area
- 1.5 miles: When the course hits the bike path, it turns left onto it to cross the creek on the bridge, then turns left again to leave the road and stay on the bike path
- 1.7 miles: The trail turns left to leave the bike path and explore the nature trail under the trees and near the river again
- 2.1 miles: The nature trail ends in the bike path and the course turns right
- 3.6 miles: The bike path ends into the parking lot at the bottom of the gravel ramp where the race started
- 3.7 miles: Instead of going up the ramp, the course turns right to leave the parking area and explore the final set of trails, running alongside the river for the last time.
- 4.1667 miles: The course finish line is where the paved path ends into the gravel circle of the memorial in front of the pavilion

Night loop (paved)



Used for every start from 8:00 PM through 6:00 AM (inclusive).

GPS track: <https://slug.run/night-loop.gpx>

Due to the increased difficulty of running during the night, we switch to a less challenging course, using bike paths and roads rather than trails. This course is an out-and-back layout rather than a loop.

Again: The course will be very well marked, so can be safely followed without memorizing or following the description below. This description is provided simply for your own interest. All mileages (other than the final mileage) are approximate.

- Start: Leave the pavilion down a gravel ramp (just as in the day loop), but at the bottom of the ramp, turn nearly 180 degrees to the right onto a bike path.
- 0.25 miles: When the bike path ends in a parking lot, turn right to stay on the edge of the parking lot and continue on the main road as if heading toward the park exit
- 0.6 miles: Turn left toward the "Townsite" parking area
- 0.7 miles: As the road enters the parking lot, turn right onto the Champoeg bike path which will provide most of the course
- 1.7 miles: When the bike path intersects a road, turn left onto the road, (toward the Oak Grove parking area)
- 1.8 miles: Turn right toward the group tent area, (not left into the Oak Grove parking lot)
- 2.0 miles: After running the gravel road through the group tent parking area, and passing through the wooden fence, turn left to run along the fence. There is an outhouse available here.
- 2.0833 miles: Turn around after passing the clearly marked turnaround barrier. Then reverse the entire course, ending by ascending the gravel ramp and crossing the memorial circle
- 4.1667 miles: The finish line is the starting line. Finish by entering the starting corral

Spectators

The Banana Slug Backyard Ultra does not have any current limit on spectators. Champoege State Park is open to the public, so as long as people are paying their \$5/vehicle day use fee to enter the park and not disrupting (nor aiding!) any runners, they can observe the race from a number of places.

Both the day loop and night loop afford several good vantage points for observing runners: from the pavilion, from the campsite, or from anywhere along the bike path.

Spectators following the status of the race remotely can expect to see regular updates in the following places:

- The official race website: <https://slug.run>
- On instagram by following the race account: @slug.run
- On facebook within the group: Big Dog's Backyard Ultra Run Group

The intent is for these to be updated at least once per hour, but lack of wireless connectivity and lack of sleep may interfere at times. They will be updated on a best-effort basis.

Photography

Photography: The race will have an official, professional photographer on site before the race starts and for the first couple of hours/loops. Hopefully that lets us get some good photos while everyone is still looking their best! We'll get these posted to the race website as soon as possible where they will be available free of charge.

For coverage of the event in later hours, we'll be relying on volunteers, participants, crew, and spectators recording things on their own devices. Please tag things #slugdotrun when posting to social media.

Anyone can contribute photos that they take to a shared photo album at:

<https://slug.run/2022/photos>

Crew

Registered participants in the race can have crew assisting them *between* loops. The following restrictions must be observed by runners and their crew members:

- Within the pavilion, no team of runner+crew can exceed their allotted space, (initially one third of one picnic table with the full contingent of runners).
- Outside the pavilion, a team of runner+crew must not exceed their allotted 10x10 space (that is, the space of one pop-up canopy)
- No assistance can be provided to any runner while they are running a loop, (that is, from the ringing of the cowbell until the runner has crossed the finish line after completing the entire loop). Violation of this rule will subject a runner to disqualification and removal from the race, (as determined by the race director).

If crew members are looking to purchase additional supplies for their runners, please plan ahead. The nearest communities (Butteville, Donald, St. Paul, etc.) are extremely small and limited in terms of services, so will likely not be useful. Of note: The Historic Butteville Store, while notably the longest continually-running retail establishment in Oregon, and directly accessible from the Champoege bike path, is operating as a cafe, (worth stopping by for ice cream), but is not a store.

More viable retail opportunities are in Newberg to the east, Woodburn to the south or Wilsonville/Tualatin/Tigard to the north. Newberg is the closest, (about a 10 minute drive one way), while Woodburn and Tualatin are each about a 20-minute drive, one way. All three are large enough to have stores such as Walmart, Fred Meyer, Safeway, Target, etc. as

well as 24-hour convenience stores. It's also worth noting that Woodburn has factory outlet stores in case there's a need for some emergency clothing purchase. These stores include outlets for Nike, Asics, New Balance, Adidas, Columbia, Under Armour, Merrell, The North Face, Icebreaker, and others.

Emergency Contact

For any serious emergency, dial 9-1-1 immediately

For any other concerns or questions that come up that need a quick response, please contact the race director (text or phone call):

Carl Worth
503-516-7009

Cell phone reception is not ideal in the park, but seems reasonably good (depending on provider) and has definitely improved significantly in the past couple of years. Hopefully there won't be any delay in trying to reach Carl.

If you'd like to reach the race director for any non-emergency reason, please feel free to email:

Carl Worth <carl@slug.run>

Waiver of Claims and Release of Liability

In consideration of the individual named below ("I", "me", "my") being permitted to participate in the 2022 Banana Slug Backyard Ultra (the "Event") by Event organizers and any affiliated individuals or entities associated with the Event (the "Releasees") I agree to all the terms and conditions set forth in this agreement.

I know that running a race is a potentially hazardous activity. I assert that I am in good physical condition and properly trained, and am a voluntary participant in the Event.

I understand that the Event includes both paved and unpaved sections with hazards that may include uneven surfaces; broken pavement; tree roots; loose rocks; muddy, mossy, or otherwise wet and slippery areas; steep drop-offs; and exposure to creeks and rivers.

I understand the Event occurs during both day and night hours and entails running in the dark. I will bring and use all necessary clothing and gear to both see and be seen, (reflective vest, headlamp, extra batteries, etc.), or will not be allowed to continue in the dark.

I recognize that running, especially at a high intensity, or for long distances, may depress my immune system making me MORE susceptible to illness in general. I know that if I choose to participate in the Event, I may be at greater risk of getting sick, including, but not limited to contracting COVID-19.

I AM AWARE AND UNDERSTAND THAT THE EVENT INVOLVES CERTAIN RISKS, DANGERS, AND HAZARDS, INCLUDING BUT NOT LIMITED TO THE RISK OF SERIOUS INJURY, DEATH OR PROPERTY DAMAGE. I ASSUME FULL AND COMPLETE RESPONSIBILITY FOR ANY INJURY OR ACCIDENT WHICH MAY OCCUR DUE TO PARTICIPATION IN THE EVENT. I HEREBY WAIVE AND RELEASE THE RELEASEES FROM ANY LIABILITY OR CLAIMS OF ANY KIND ARISING OUT OF MY PARTICIPATION IN THE EVENT.

I agree to defend, indemnify and hold harmless the Releasees against any and all losses, damages, claims, costs, or expenses of any kind, including reasonable legal fees, in connection with any third-party suit or action arising out of the Event.

I grant permission for Banana Slug Backyard Ultra to use my name, photographs, or recordings of this Event for any legitimate purpose.

I grant permission to the director of the Event to remove me from the Event at any time solely at their discretion.

Printed name

Signature and Date

Signature of parent/guardian (if participant is a minor) and Date