

# **BANANA SLUG BACKYARD 24**



**4.167 Miles • 1 hour • Every Hour**

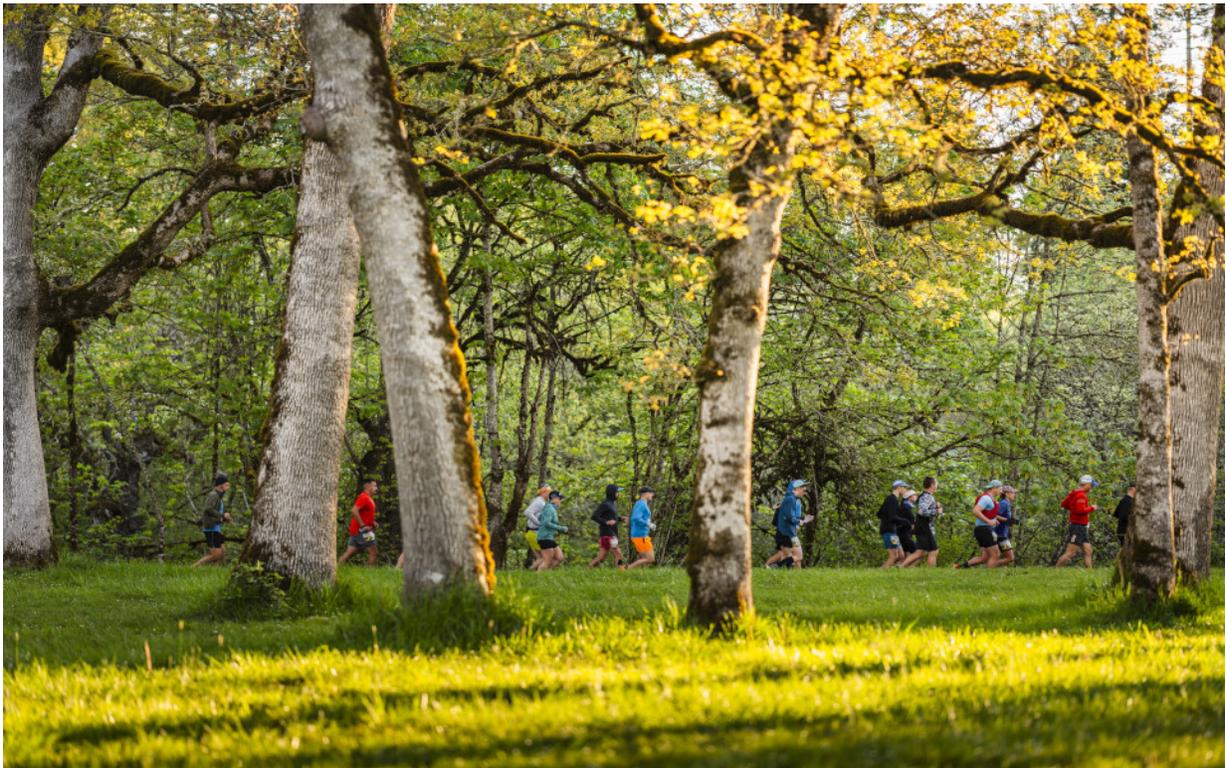
**April 18, 2026**

**Champoeg State Park, Oregon**

# **Race Information**

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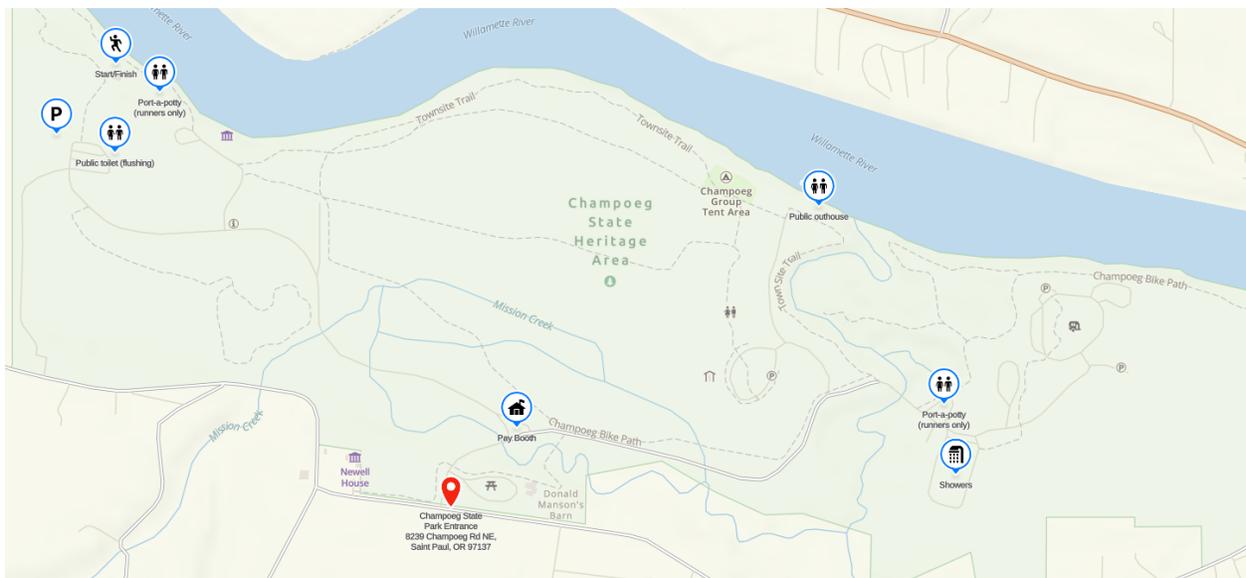
# Driving Directions

The race takes place at Champoeg State Park, (which your GPS may know as Champoeg State Heritage Area). 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



# 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, (\$10 per vehicle/day for Oregon residents or \$12 per vehicle/day for non residents).

When you check in with race officials, you will get a Banana Slug 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 easily see the pavilion about 500 feet to the north which is where the race begins.

# Schedule

## Saturday, April 18

- 5:30 AM: Start/finish area is available for setup
- 6:00 AM - 7:15 AM: Race checkin is available at the pavilion start area
- 7:30 AM - 7:45 AM: Race director rule overview/announcements
- 8:00 AM: Race starts! Loop #1 on day course (trail)
- 9:00 AM: Loop #2 starts
- (etc. on day course)
- 7:00 PM: Loop #12 starts on night course (paved)
- 8:00 PM: Loop #13 starts
- (etc. on night course)
- 7:00 AM (Sunday, April 19): Final loop #24 switches back to day course
- 8:00 AM: Race concludes

So there will be 11 initial loops on the day course (primarily trails). Then 12 loops on the night course (paved bike paths). And the final loop #24 will be back on the day course.

# Required gear

You are responsible for providing the following:

- Sufficient clothing for various conditions encountered
- Nutrition and hydration for yourself for the race, beyond what you can use from the common aid station and catering options, (see below for details)
- 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 24 are listed below. 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

### Finish

- The race concludes immediately after loop #24 (100 miles, 24 hours)
- The race may conclude early if all runners are eliminated
- There is no winner in this race. Instead, each runner that successfully completes 100 miles within 24 hours is an official finisher of the race.
- All others are technically DNF (“did not finish”)

### 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

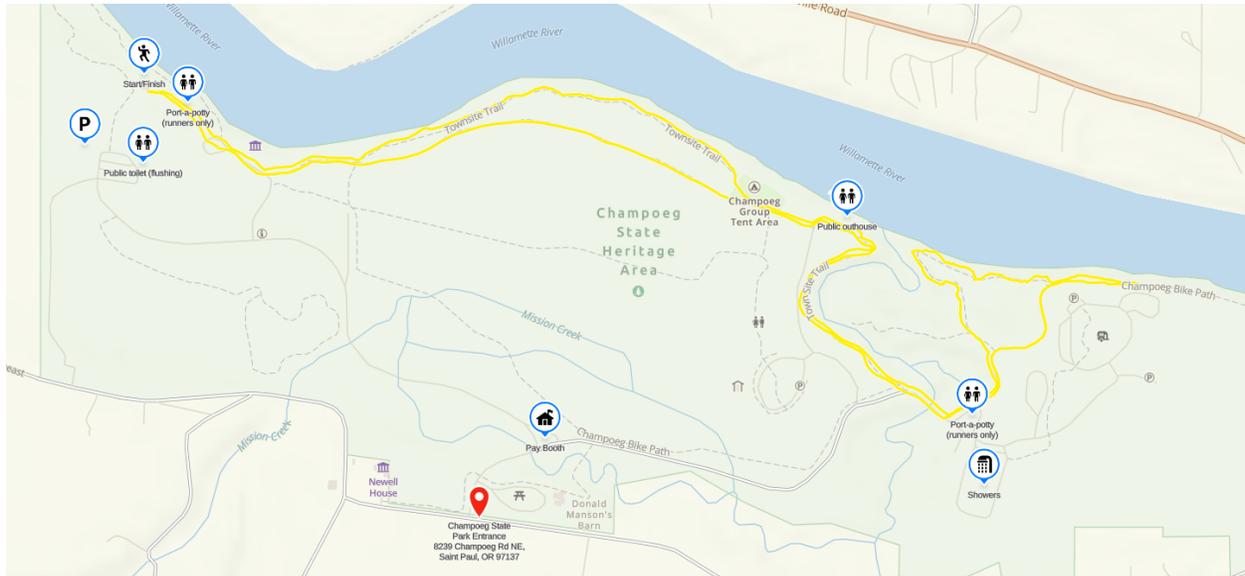
Participants in the race are responsible for their own safety. Here are a few things to keep in mind:

- 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 reduce volume and to consider keeping one ear free 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.



# Course

## Day course (trail)



The day course is used for the first 11 loops, (for each start from 8:00 AM through the start at 6:00 PM); and is then used again for the final loop of the race starting at 7:00 AM the next morning.

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

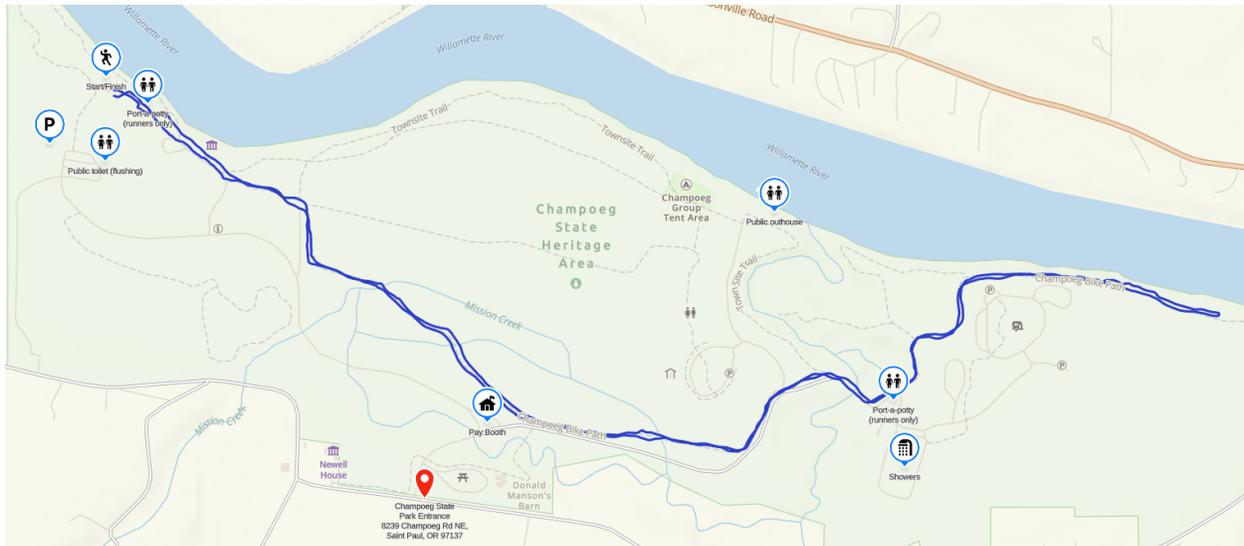
The day course visits as many trail systems in the park as possible. It has a variety of surfaces including wide bark-dust trails, hard-packed dirt single track, and asphalt bike path.

Note: The course will be very well marked, so can be easily followed without consulting the description below. 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
- 0.2 miles: Turn left to leave the parking lot onto the Townsite Trail
- 0.3 miles: Stay straight on a wide, mowed path with a meadow to your right and trees to your left, (do not take the single-track fork to the left which is where the Townsite Trail goes into the trees and follows close to the river).
- 1.0 miles: Continue along the trail in a grassy area with a split-rail fence on your right. An outhouse is available near here. Then, jog left down a small hill approaching a dock on the river.
- 1.1 miles: Turn right to leave the open grassy area onto another single track in the trees which continues east until hitting Champoeg Creek and turning right (south) to follow the creek
- 1.2 miles: The trail comes out of the trees onto grass near the disc golf area
- 1.4 miles: When the trail ends at the road, turn left onto the bike path to cross the creek on the bridge, then turn left again to leave the road and stay on the bike path. Additional port-a-potties are located here.
- 1.6 miles: Turn left to leave the bike path and enter the "nature trail" under the trees.
- 2.0 miles: When the nature trail ends in the bike path, turn left onto the path
- 2.1 miles: At a very well-marked location, round the turnaround cone and then start doubling back along the bike path
- 2.3 miles: On the way back, when passing the exit of the "nature trail", avoid the temptation to go back into the trees; instead, stay on the bike path

- 2.4 miles: As the path passes the entrance to the “nature trail”, stay on the bike path still. This begins a section where you will retrace a portion of the course in the opposite direction. You will pass the port-a-potties again here.
- 2.7 miles: Turn right to leave the bike path and follow trail next to the disc golf
- 3.2 miles: As you leave the split rail fence to your left, follow the clear, single-track Townsite that curves to the right, approaching the river and disappearing into the trees (do not stay straight along the grassy meadow where you ran in the first mile of the loop).
- 4.0 miles: After emerging from the trees, when you encounter the parking area, turn right onto the asphalt, heading toward the gravel ramp up toward the pavilion
- 4.1667 miles: Finish the course by entering the corral again

## Night course (paved)



The night course is used for 12 loops, with the first starting at 7:00 PM and the last at 6:00 AM the next morning.

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 the bike path rather than trails. This course is entirely an out-and-back layout.

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 course)
- 0.3 miles: Instead of turning left onto the Townsite trail, continue straight onto the paved bike path at the end of the parking area
- 1.8 miles: You will see the day-course turnaround cone. *Stay straight* here and pass the cone. Do not turnaround or else you will be cutting the course short and eligible for disqualification
- 2.1 miles: At a very well-marked location, round the turnaround cone and then double back along the bike path, exactly as you came
- 4.1667 miles: Finish the course by entering the corral again

## 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).

There will be additional port-a-potties along the course as indicated on the course maps and descriptions. These are positioned such that they will be passed twice on both the day loop and the night loop (at about the 1.5-mile and the 2.5-mile points on the loop).

## **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:

### **Catered meals**

Volunteers from Clackamas County Search (CSAR) and rescue will be providing hot food for every runner in the race.

CSAR will be on site and cooking throughout the race. Expected meal items are (subject to change):

- Anytime: Instant oatmeal, assorted ramen, quesadillas/grilled cheese, PB&J sandwich
- Breakfast: Pancakes, eggs/bacon (salsa and guacamole, hash brown patties)
- Lunch: Caesar salad, minestrone soup, chicken noodle soup, rolls
- Dinner: Burgers (including vegetarian patties), cheese, avocado, lettuce, tomato, onion, condiments

The price of meals for runners is included in your race registration, so enjoy!

Other attendees at the event that are not registered runners (such as crew or spectators) can also enjoy the food. Donations to CVSAR (a 501(c)(3) non-profit organization) are encouraged.

### **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:

- Cold water, (in coolers as well as an outdoor faucet)
- Hot water
- Bananas (of course!)
- Tailwind Endurance Fuel in assorted flavors, (with or without caffeine)

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)

### **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.)

### **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 that did not reserve a canopy space to claim one fourth 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, there will be increasingly more space available for personal aid stations. Eliminated runners must give up their space if remaining runners would prefer to move into it.

Some runners opted to pay an additional fee at time of reservation to setup their own 10'x10' canopy for a personal aid station near the starting corral. Note: The reservation is only for the space. Canopies are not provided by the race and must be provided by participants themselves. See below for details about claiming a canopy site

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).

## **Canopy site selection**

Since runners are mindful of every additional step they must make during the race, there is some understandable motivation to obtain the best possible location for canopies.

Canopies may be set up in the grass directly adjacent to the pavilion on either the north or south side. They can also be setup along the south side of the stone/gravel memorial circle and along either side of the path leading away from the memorial.

For fairness to all runners, here are the rules for canopy site selection:

- When you check-in and receive your race packet, if you reserved a canopy site, your packet will include a canopy tag that must be hung on your canopy throughout the race.
- Nobody is permitted to claim a canopy site prior to receiving their canopy tag.
- If your preferred canopy site is occupied by an un-tagged canopy, please alert a race volunteer who will direct the occupants to move their canopy.
- During the race, as runners are eliminated, they must move their canopies if other runners wish to move into the space.
- It is permissible for a crew member to obtain the canopy tag and setup the canopy tag for their runner. If you are doing this, please let the race director know in advance and/or bring photo ID of the runner to check-in.
- If a person is crewing multiple runners in the race, they may obtain multiple canopy tags, but only one at a time. That is, after obtaining a tag, they must go to the back of the line (if any) before obtaining an additional tag.



## Prizes/Recognition

The Banana Slug Backyard 24 is a fixed-distance race with the goal to complete 100 miles in 24 hours, (4.167 miles completed each hour). Any runner that completes the entire course will receive a special “Finisher” medal, while all other runners will receive a well-earned “DNF” medal indicating the number of loops completed.

All runners will have the number of loops/hours/miles completed listed at the Banana Slug Backyard 24 website at:

<https://slug.run/2026/24>

In addition to the individual competition, there is also a team competition in this race. For the team competition, all runners are competing as individual runners in the race with all standard rules applying. But the further each team member runs, the better the team’s score will be. Each team consists of between 2-4 runners. Team scores will be determined by adding together the number of loops completed by each team member. This is mostly just to introduce some additional fun to the race, but there will be a prize for the winning team.

Teams must be organized prior to the race and listed on the official team roster at:

<https://slug.run/2026/24/roster/#teams>

## Spectators

The race does not have any current limit on spectators. Champoeg State Park is open to the public, so anyone that pays the \$10/vehicle (\$12 for non-residents of Oregon) day use fee is free to enter the park. Remember though, that spectators must not aid any runners along the course, (at the risk of disqualifying the runner).

Spectators following the status of the race remotely can expect to see regular updates at the official race website:

<https://slug.run>

Live results will be available there showing which runners are still competing, and the completion time of each runner for each loop of the race.

We also hope to have a video livestream, (depending on availability of connectivity).

## Photography

Photography: The race will have an official, professional photographer on site from before the race starts and through the first couple of hours of the race. Race photos will be 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.

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

<https://slug.run/2026/24/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, (an appropriate fraction of a picnic table depending on the size of the field).
- 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 Champeog 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.



## In Case of Emergency

For any serious emergency, dial 9-1-1 immediately. The race location is:

Champeog State Park  
8239 Champeog Rd NE  
Saint Paul, OR 97137

Riverside Day Use Area (Pavilion)

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 few 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 2026 Banana Slug Backyard 24 (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 acknowledge that running is a potentially hazardous activity, which could cause injury or death. I certify that I am medically able to perform this event, I am in good health, and I am properly trained.

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 contracting a communicable disease, 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 the Event to use my name, photographs, or recordings of this Event for any legal purpose.

I grant permission to the director of the Event to remove me from the Event at any time solely at their discretion. I attest that I have read the rules of the race and agree to abide by them.

I understand that entry fees are not refundable under any circumstances. The director of the Event reserves the right to modify or cancel the Event any reason, and in such cases there will be no refunds of race entry fees.

I have read the foregoing and certify my agreement by signing below.

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Printed name

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Signature and Date

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