



# 2018 Frozen Buns Run

## 5K & 10K



**Saturday, January 13, 2018, 10:00 AM, University City Delmar Loop**

**Welcome to the Saint Louis Triathlon Club's 12th Annual Frozen Buns Run! We look forward to seeing you on race day as you meet or exceed your 2018 running goals or aim for a new 5K or 10K PR. Bring the whole family along as race morning coincides with the annual Loop Ice Festival. Our race is regarded for its location, awards, finish line food, raffles, and your chance to run alongside a penguin!**

**Race Location:** Both the 5K and 10K start on Delmar in front of the world-famous Blueberry Hill in University City (6504 Delmar Blvd, St. Louis, MO 63130) and end on Kingsland near the University City Library (6701 Delmar Blvd, University City, MO 63130).

**Parking:** Lot parking is available north of Delmar, between Kingsland and Leland Ave. (<https://visittheloop.com/map/>). Street parking is available throughout The Loop area. Check for any parking restrictions/meters on each street. Parking will not be allowed on the southbound side of Kingsland Ave.

**Pre-Race Day Packet Pick Up:** The first 200 registrants at packet pick-up can choose a Club water bottle or pint glass while supplies last.

Big Shark Big Bend: 1155 S Big Bend Blvd, St. Louis, MO 63117

Thursday, January 11<sup>th</sup>: 4-7PM and Friday, January 12<sup>th</sup>: 10AM-8PM

**Packet Pick Up/Race Day Registration:** 8:30–9:45AM at Blueberry Hill in The Loop

**Race Morning:** Runners and their friends/family are welcomed and encouraged to gather and socialize prior to the race inside of Blueberry Hill. No need to check in unless you have not already received your packet and bib number.

**Race Start:** The start is en masse—not staged—with both distances starting at the same time. Please self-seed based on your estimated pace with the fastest pace per mile at the front, regardless of race distance. University City Police will close Delmar and an announcement will be made at approximately 9:55AM to assemble for the start. Please be near the start line by 9:50AM and wear your bib visibly on the front of your shirt or shorts to ensure times and awards are accurate.

### **Course Maps:**

- 5K: <http://www.mapmyrun.com/us/university-city-mo/frozen-buns-run-5k-route-11365167>
- 10K: <http://www.mapmyrun.com/us/university-city-mo/frozen-buns-10k-2010-route-12486232>

**Water/Aid Stations:** There are 2 water/aid stations for the race. The first station for the 10K is located in the northwest corner of the course at Alanson near Old Bonhomme just past the 3 mile mark at the point on the course where the 10K runners begin to head back east. The 5K station doubles as the

second station for the 10K runners and is located at Balson Circle at about the 1.7 mile mark for the 5K and the 4.8 mile mark of the 10K.

**Friendly Reminder:** We are visitors in the University City community. Please help us keep the neighborhoods clean by hanging onto your gel packets, water bottles, paper cups and other items until they can be disposed of in a trash receptacle located at the finish line and/or at the aid stations.

**Restrooms:** Portapotties will be located near the finish area and Blueberry Hill and its indoor restrooms will be open prior to the start of the race.

**Registration:** Runners can register online up to and including race day at <https://register.chronotrack.com/r/34443>

Runners can also register in person the morning of the race in front of Blueberry Hill.

**Race Amenities:** Professionally-timed results by Big River Race Management, waffles and pancakes at the finish line from athlete-friendly Start Right Foods, Chipotle coupons in your race bag, custom printed/dated winter beanie hats as swag, sweet custom "ice block" awards for overall and age groups (check out the pics at <https://www.facebook.com/frozenbunsrunst/>), a separate raffle before the 5K awards and another before the 10K awards featuring items from Big Shark and Big River Running and other race sponsors, a photo booth, Precision Health Group to provide pre- and post-race treatments, Wellbridge Athletic to lead some stretching exercises, and so much more!!

**Results/Awards:** Custom awards from Ashworth Awards will be awarded to the top 3 overall and in each age group (10 year age groups) by gender for each race; the awards ceremonies will be held in conjunction with the raffles in the Duck Room at Blueberry Hill. 5K awards and the first raffle will be announced at approximately 11AM and 10K awards and the second raffle around 11:30AM. There may be a location for awards and SWAG to be picked up after the race but nothing will be mailed; there will not be a finisher medal.

**Volunteer Opportunities:** Volunteers help make this race possible. If you or someone you know would like to volunteer, please sign-up online at <https://www.volunteersignup.org/YEQFW> or email us at [volunteer@stlouistriclub.com](mailto:volunteer@stlouistriclub.com)

**Running with Furry Friends and Swaddled Family:** Are strollers allowed? Yes but at the back of the pack, please. Are dogs allowed? Yes but at the back of the pack and please be conscientious with your dog around others.

### **Top 10 Reasons to Run the 2018 Frozen Buns Run**

1. A fast and varied course—choose from the 5K or 10K distance
2. Guaranteed fun and warmth pre- and post-race at the legendary Blueberry Hill
3. Great price!
4. Professionally timed race, USATF sanctioned, with aid stations and plenty of convenient parking
5. Awards for both distances...overall and age group
6. Great finish line food, SWAG and raffle items!
7. Bring your family and friends and stay for the fun of the Loop Ice Carnival
8. Run with and get your picture taken with the penguins

9. Start the New Year off right—resolve to be challenged, enjoy the outdoors and join other like-minded people for a great time
10. Sleep in! Our race starts at 10 a.m.

### **Five Winter Running Tips**

*From our friends at Big River Running Company*

Exercising outside in the winter might seem intimidating or uncomfortable if the weather is freezing cold, but by following these simple tips you can head out the door feeling confident and comfortable.

**Tip #1:** A classic mistake is to overdress and as a result be too warm as you get going on your run or walk. Here's a tip: you should feel slightly cool when you first go outside. Don't worry, you'll warm up!

**Tip #2:** Don't forget to factor in wind chill! Base your layers on the wind chill, not just the outright temperature. Wind chill tells you how it really "feels" outside and can impact what you wear if feels colder than the temperature indicates.

**Tip #3:** Start your run or walk going "into" the wind. It's much better to have the wind in your face when you are getting started as opposed to turning into the wind once you are sweaty.

**Tip #4:** Wind protection = Winning! Blocking the wind is crucial to keeping you warm. Jackets can be one of your most important layers when the temperature dips below freezing. You really may only need a good base layer to wick away sweat under your jacket.

**Tip #5 -** Protection from the top of your head to the tips of your fingers is key. Prevent heat from escaping from the top of your head by wearing a full coverage hat, preferably one made of technical fabric for wicking away sweat. Keep your finger tips from tingling by wearing mittens, which allow your fingers to generate their own body heat because they are touching. If you still feel like your fingers will be cold, try putting hand warmers in your gloves or mittens before you head out for your run or walk.

Visit us online at <http://www.stlouistriclub.com/get-active/frozen-buns-run/>  
or <https://www.facebook.com/frozenbunsrunst/>

If you have any questions, please contact us by email: [frozenbunsrun@stlouistriclub.com](mailto:frozenbunsrun@stlouistriclub.com)

**Inclement Weather:** Please check our Facebook Page for updates. We will only post in the event of a change to the race.

There will be no refunds under any circumstances. This policy will be strictly adhered to for fairness to all. There may be a location for awards and SWAG to be picked up after the race but nothing will be mailed.

**THANK YOU** for choosing the Frozen Buns Run! We appreciate your participation!

**THANK YOU** to our Club and Race Sponsors!

- Athletico
- Bentleys Pet Stuff
- Big River Running

- Big Shark Bicycle Company
- Chipotle
- CycleBar
- Dogfish
- Evolve Coaching Systems
- Hogan
- IronBrick Training
- Kolbe Co.
- MSE Racing
- Precision Health Group
- RaceMaker Productions
- State Farm
- SwimBikeRun
- TrainerRoad
- TriSmart Training Systems
- Wellbridge Athletic Club – Clayton

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**Ryan Elliott**

**2018 Frozen Buns Run Race Director**

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[www.stlouistriclub.com/get-active/frozen-buns-run/](http://www.stlouistriclub.com/get-active/frozen-buns-run/)

<https://www.facebook.com/frozenbunsrunstl/>

<https://register.chronotrack.com/r/34443>