

Welcome to the Saint Louis Triathlon Club's 2020 Frozen Buns Run 5K! We look forward to seeing you on race day as you meet or exceed your running goals. This is the first year the Annual Fundraising event will take place with Big Shark's Nippy Niner at Spanish Lake County Park. All races will use the same Start/Finish (at different times) and all races will be chip timed by Big River Running.

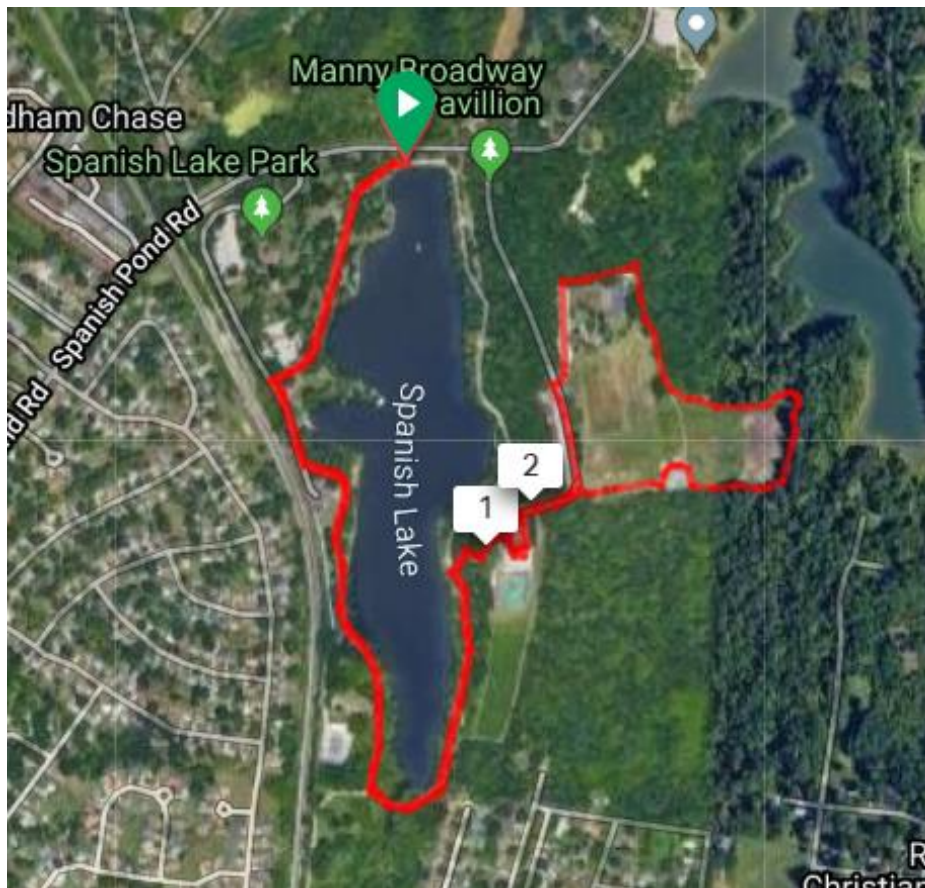
Race Location: Spanish Lake County Park, 12500 Spanish Pond Rd, St. Louis, MO 63138
Look for the Start/Finish Arch at the North end of the lake. Vehicle parking is available on the east and west sides of the lake in parking lots accessible from Spanish Pond Road.

Packet Pick Up: Saturday, January 25th, 1- 5pm
Big Shark Bicycle in Richmond Heights
1155 S Big Bend Blvd, St. Louis, MO, 63117

Frozen Buns 5K Race: Sunday, January 26th, 8am
Please arrive early, especially if you plan to pick up your bib on Race Day.

Race Day Registration/Package Pickup: 7-7:30am on site
Spanish Lake County Park
12500 Spanish Pond Rd, St. Louis, MO 63138

5K Course Map: <https://ridewithgps.com/routes/31330249> The 5K course is a combination of pavement around the lake, a counter clockwise gravel loop around the ball fields, then return on the same paved path clockwise around the lake to the FINISH.



Water/Aid Stations: There is one water/aid station which runners will pass twice on the race course. The first pass is approximately at mile 1 as runners climb uphill to loop around the upper ball fields. The second pass by the water station is approximately at mile 2 after completing the ball field gravel loop and heading back down to the paved path around the lake.

Friendly Reminder: Course may be icy, particularly near the lake. Please use caution. Review the course map in advance. Runners are responsible for knowing the course and differentiating between the FBR signage and the Nippy Niner course markings. Volunteer Course Marshals will be assisting in areas with potential vehicle traffic.

Restrooms: Porta-potties will be located near the Start/Finish area.

Registration: Runners can register online up to and including race day at <https://register.chronotrack.com/r/55377>

Race Amenities: Professionally-timed results by Big River Race Management, FBR Race Belts for all participants, awards for overall and age group winners, and Hot Chocolate at the finish. Please thank Companion Bakery and Michelob Ultra for food and drink donations at the Hospitality Tent!

Results/Awards: Custom Penguin Awards from Ashworth will be awarded to the top 3 female and male overall and in each 10 year age group by gender. There may be a location for awards and SWAG to be picked up after the race, but nothing will be mailed. To keep the race affordable, we do not distribute finisher medals, but this year everyone receives a custom race belt from Dogfish.

Volunteer Opportunities: Volunteers help make this race possible. If you or someone you know would like to volunteer, please sign-up online <https://www.volunteersignup.org/HHB8R> or email us at volunteer@stlouistriclub.com. We are still looking for more Course Marshals and extra people at the Water/Aid Station. Please encourage your family and friends to participate.

Running with Furry Friends and Swaddled Family: Yes, both strollers and furry friends are allowed. However, we ask that you start at the back of the runner/walkers. Additional for dog owners, please be conscientious with your dog around other runners.

Visit us online

www.bigshark.com/articles/2020-frozen-buns-run-5k-1-26-2020-pg1567.htm

www.stlouistriclub.com/get-active/frozen-buns-run/ www.facebook.com/frozenbunsrunstl/

If you have any questions, please contact us by email: frozenbunsracedirector@gmail.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.

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.

THANK YOU to our Saint Louis Triathlon Club and Race Sponsors!

- Athletico
- Big River Running
- Big Shark Bicycle Company
- Companion Bakery
- Dogfish Custom Apparel
- Evolve Coaching Systems
- Hogan Transport
- IronBrick Training
- KolbeCo Marketing
- Memorable Races
- Michelob Ultra
- MSE Racing
- Orange Theory
- Precision Health Group
- RaceMaker Productions
- Steel Wheels
- SwimBikeRun
- TriSmart Training Systems

THANK YOU for choosing the **Frozen Buns 5K Run!** We appreciate your enthusiastic participation!

Jennifer Potratz - 2020 Frozen Buns Run Race Director
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