Dear friends,

Welcome to the 17th annual GO! St. Louis Marathon & Family Fitness Weekend, Missouri’s largest fitness event! This year, we are thrilled to be hosting the event at St. Louis’ beautiful riverfront, and on the grounds of the Gateway Arch. We are St. Louis’ hometown marathon, and we are proud to showcase some of our city’s best landmarks.

As a race organizer, there is nothing more inspiring than hearing the stories, challenges, and hard work that our participants invest before getting to the start line. What you do this weekend will be the result of many months and many miles of effort – I thank you for choosing to toe the line at our race, and I encourage you to soak in the atmosphere and experience of race day and to celebrate your accomplishment when you cross the finish line. You deserve it!

The Marathon Weekend is GO! St. Louis’ signature event for a reason – it embodies our mission as a nonprofit, and as members of the community. In addition to having multiple race distances on each day of events, this is also our culminating event for each of our three youth programs – for elementary, middle and high school students. We work with over 250 schools in the metropolitan area, offering well over 11,000 children the chance to accomplish a goal, and gain a love for fitness that extends into adulthood. We offer these students the same thing that you and I know to be true as runners and walkers – there is nothing quite the same as crossing a finish line!

On behalf of the GO! St. Louis Board of Directors and the entire team at GO! St. Louis, I welcome you to our community and wish you the best of luck on race day!

Many thanks,

Mona Langenberg
President, GO! St. Louis
Know that giving up is never an option.

Motivation. Commitment. Dedication. Congratulations to the GO! St. Louis participants. We share your commitment to achieving your goals.

For information on how PNC can help you achieve your financial goals visit pnc.com

PNC BANK
for the achiever in you®
SCHEDULE OF EVENTS

Saturday, April 8, 2017

GO! St. Louis Family Fitness Day
Forest Park (Cricket & Lindell Fields, near the Visitors Center)

SATURDAY EVENTS

Children’s Fun Runs | 7:30 am
A series of runs and dashes for children of all ages. The fun runs include a Diaper Dash, 50-yard dash, 100-yard dash and ½ mile run. Race day registration is available, starting at 6:30 am.

5K Run/Walk | 8:00 am
Presented by McBride & Son Homes
Includes GO! St. Louis Middle School Milers. More than 3,000 participants are expected to run or walk on a beautiful 3.1 mile course in Forest Park.

Read, Right & Run Marathon® | 9:30 am
Presented by Express Scripts
More than 6,000 of the 10,000 total young students participating in this 6-month program will run their final 1.2 miles to complete their goal of reading 26 books, completing 26 good deeds and running 26.2 miles. The remaining students will run their final mile at special in-school events in May.

Mature Mile | 11:30 am
This inspiring event is open to seniors, 60-years of age and older. Hundreds of seniors, many who have been training for months, complete the one-mile loop and receive a medal at the finish line.

Sunday, April 9, 2017

GO! St. Louis Marathon, Half Marathon, Marathon Relay & 7K
Race starts north of the arch grounds on Leonor K. Sullivan Boulevard, closest to the base of the Martin Luther King Bridge, and adjacent to the streets of Laclede’s Landing.

Very Important — All participants in the Marathon, Half Marathon, 7K, and the first Marathon Relay team member MUST be in their assigned corral by 6:45 am.

SUNDAY EVENTS

Marathon | 7:00 am
Presented by Mercy
The GO! St. Louis Marathon has been recognized as a great race for experienced or first-time competitors looking for an event that provides an abundance of participant services and amenities. Each year thousands of people participate, not only from the St. Louis region, but from many other states and countries.

Half Marathon | 7:00 am
Presented by PNC Bank
Includes Students on the GO!
Presented by Staenberg Family Foundation
The GO! St. Louis Half Marathon has become the most popular race during the two-day weekend, attracting more than 12,000 participants. The half marathon distance appeals to runners and walkers.

Marathon Relay | 7:00 am
Presented by Lockton Companies
Relay teams are comprised of four members, running or walking approximately six miles each, to complete a full 26.2 marathon.

Mississippi 7K | 7:00 am
Supported by Stupp
This is an exciting new way to experience the GO! St. Louis Marathon Weekend events: be a part of Sunday’s action – at the start line, on the bridges, and across state lines!
Remarkable achievements are possible in everyday places.

Express Scripts is proud to support Go! St. Louis and recognize all the important work they do throughout the year.
IMPORTANT RACE DAY INFORMATION

Welcome to 17th Annual GO! St. Louis Marathon & Family Fitness Weekend – Missouri’s largest fitness event. We’ve made every effort to create a safe and secure event, including a scenic race course of the metro region’s finest neighborhoods, cultural institutions and historic landmarks. Our updated race course takes participants over the Mississippi River, via the Eads and MLK Bridges, and into Illinois. Enjoy the Experience!

We highly recommend that you take a few minutes to review the important race details below, so that you are prepared on race morning.

Race Course

The City of St. Louis and City of East St. Louis police departments, CSC Security, and GO! St. Louis volunteers (bright blue shirt) will be stationed at intersections throughout the course. Please heed course monitor instructions as to upcoming course turns or unexpected emergency situations. Every mile will be marked with a large flag banner indicating the completion of a mile.

Rules & Regulations

The GO! St. Louis Marathon and Half Marathon courses are certified by the United States of America Track & Field (USATF) Association. Only registered runners are eligible to participate in any of the races over the Marathon Weekend. Unregistered runners will be asked to leave the course. Please make sure your race bib is visible to race officials at all times. Bicycles, roller blades, strollers, skateboards, pets, etc. are not allowed on the course. In order to prevent a physical or psychological advantage to any registered participant, unregistered runners and cyclists will be considered illegal pacers and are strictly prohibited. You may not give your race bib to another person for the event. Both the registered runner and the unregistered runner may be banned from future GO! St. Louis events.

USATF representatives and GO! St. Louis course monitors will serve as race officials. Many parts of the course will have out-and-back loops. On those sections of the course, runners must remain on their side of the course, which will be separated by traffic medians, barricades and cones.

Participants may be penalized or disqualified for:
1. Leaving the course
2. Joining the race after the start
3. Receiving pacing assistance from an unregistered runner
4. Receiving pacing assistance from a cyclist
5. Not completing the event in which you registered

For insurance purposes, your safety and the safety of others:
No unregistered participants, friends, family, children, coaches, bicycles, automobiles, strollers, skates or pets are allowed on the course at any time.

We Encourage You to Run Music Free

The use of electronic devices (cell phones, players and other devices using headphones) are strongly discouraged on the race course at all times. We realize many participants utilize these devices when training, but to ensure your safety and the safety of others around you, we ask that you do not use them. Why, you ask? Because participants may not be able to hear emergency vehicles or special announcements made by course monitors. In addition, you really miss out on the opportunity to engage other runners, walkers and spectators along the course.

Race Time Limit Rules

The marathon course route re-opens to traffic at a rolling schedule according to a 6.5-hour marathon pace or (14:52 minutes per mile). On Sunday, all runners must maintain a 14:52 minute per mile pace throughout the race. The time limit rules will be strictly enforced. There will be a pace leader leading a 6 hour 30 minute marathon pace or 3 hour 15 minute half marathon pace (14:52 minutes per mile). The time limit will begin when the 6:30 marathon pace group crosses the start line after the start of the race. Anyone who falls behind the last pacer leading 14:52 min/mile must get into the sag wagon and be transported to the finish, or move to the sidewalk and obey all traffic signals.
IMPORTANT RACE DAY INFORMATION (continued)

Any Marathon or Marathon Relay participant who falls behind the pace (behind the 6:30 pace group) prior to the Half Marathon turn to the finish at the 9.5 mile marker at Chouteau Ave. and Jefferson Ave. will be required to finish with the Half Marathon. Any marathoner, who turns at the half marathon split and completes the half marathon, will receive finish line amenities (food, water, medical assistance if needed). After the half marathon turn to the finish, course support (police, course monitors, and water stations) will not be available to marathoners or marathon relay teams who fall behind the 14:52 minute per mile pace. Anyone who falls behind the pace must get in the sag wagon and will be transported to the finish line, or move to the sidewalk and obey all traffic signals. Marathoners who only complete the Half Marathon will not be eligible for overall or age group awards.

Medical Stations
Medical aid stations will be located along the course:
- Start/finish line: Leonor K. Sullivan
- 5 mile: 7th at Park Ave.
- 9.5 mile/23 mile: Chouteau and Jefferson
- 11/16 mile: Vandeventer/Chouteau
- 18.5 mile: Theatre/Grand/Union
- Finish line: Medical Command Center

All medical staff and medical volunteers will have on Red shirts designating them as such. In addition to the medial aid stations, we will have roving emergency medical technicians (EMTs) on bicycles throughout the course route.

We are Running for Tomorrow and Planning for today.

How is your insurance performing? We can help!

COMPENSATION • EMPLOYEE BENEFITS • RETIREMENT COMMERCIAL INSURANCE • RISK MANAGEMENT

With offices around the world and in St. Louis, Lockton has the resources to serve your insurance needs. The only thing better than our 6,000+ experts is having access to them right here in St. Louis.
IMPORTANT RACE DAY INFORMATION (continued)

Fluid Stations
There will be fluid stations with water and Gatorade Endurance Formula, positioned at approximately two mile intervals until mile 15 and every mile thereafter. Due to access to water reserves, water stations may be located within a ¼ mile of the mile marker. Look for water stations at mile 2.5, 5, 6, 8, 10, 12, 14 and 15-25. In addition, BOOM! energy gel (assorted fruit flavors) will be available at miles 8, 14 and 22 on the course. Portable toilets and basic medical items such as band-aids and petroleum jelly will also be available at the fluid stations.

Chocolate Station
The popular chocolate station presented by Crown Candy Kitchen is stationed at Mile 6 this year. Participants can enjoy a delicious chocolate treat from this St. Louis Hallmark.

Emergency Procedures
In the event of an emergency that would cause the race to be altered, shut-down or any other situation that would steer you from the original route, please listen to the information given by a course monitor (dressed in bright blue volunteer crew shirts), as they will be in contact with the race director.

Weather & Disaster Policy
It is the primary goal of GO! St. Louis to ensure a safe event for all involved. There may be times when we feel it is unsafe to proceed with the race and while we recognize the aspirations and commitment of those who have entered the race, we will make decisions about the race based on the participation population as a whole.

All participants should familiarize themselves with the event alert system prior to the race, remain alert for directions from race officials and announcers and take precautions to prepare properly for varying weather conditions on race day.

Safety & Security
If you see a suspicious person, object or vehicle along or near the race course, please report the sighting by calling 911 or notify nearby law enforcement personnel. Do not store, hide or leave any personal items, backpacks, packages or clothes along or near the race course, including the start and finish line areas. No backpacks, duffel bags, bags (paper, plastic, etc.), hard or soft coolers or oversized purses will be allowed inside the start line or finish line perimeters.

We strongly encourage all participants to fill out the medical emergency information on the back of their race bib.
“Set your goals high, and don’t stop until you get there.”
– Bo Jackson

Supporting

Students on the GO!

and the vision to create

healthy habits for a lifetime.
Runners **will not be allowed** to bring or carry bags into the start line corrals. Only registered runners with official race numbers will be permitted inside the start line corrals. Runners **must use clear bags provided at gear check site on race morning**. Each bag checked must have the proper runner race number attached to the bag. All bags must be checked into gear check prior to the start of the race. Gear check bags will not be allowed into the start line.

**Timing Services and Results**

GO! St. Louis employs the use of the ChronoTrack "B-Tag" system to simplify the timing process for athletes. The "B-Tag" timing strip is already affixed to the back of your race bib when you pick it up from the expo. **Do not remove your "B-Tag" or alter it in any way.** Marathon Relay participants will receive a special "B-Tag" belt to wear, which will be handed off to each relay team member. The official clock will determine the overall winners, while "B-Tag" time will determine the age division winners. Live results will be posted on [gostlouis.org](http://gostlouis.org). Participants who do not complete the event in which they registered will be listed as "Did Not Finish".

**Attaching Your Race Number**

Use the four safety pins included in your packet to securely attach your race bib (number) to the **FRONT of your shirt**. Remember, if you plan on taking layers off during the race, pin your number to the bottom layer. It is very important that you do not fold or wrinkle your bib and it is not covered in any way, since your "B-Tag" timing device is on the back of your bib. Your race number must be visible at all times. Don’t forget to fill out the emergency contact information on the back of your race number!

**Gear Check – Clear Plastic Bags Only**

Personal gear may be checked at the Laclede’s Landing Parking Garage at Commercial and Lucas Street. For security reasons we will only accept personal items that are placed in a GO! St. Louis issued clear plastic bag.

Please allow plenty of time race morning because there is often a line and you need to be in your starting corral by 6:45 am. Your race bib has a gear check tag at the bottom. Please tear it off and affix to your bag on race morning.
IMPORTANT RACE DAY INFORMATION (continued)

longer period of time. Once through the lines, please continue moving to the exit. Once leaving the participant area, you will not be allowed to re-enter.

Refueling Zone
One of the unique features of this event is the post-race food and refreshments. We offer a wide variety of non-traditional refueling items, which are original to St. Louis. Look for Ted Drewes Frozen Custard sandwiches with Dad’s Cookies, Pasta House toasted ravioli, Crown Candy chocolate and Michelob ULTRA samples. In addition, Dole fruit cups, bananas and chips are just some of the other food items. Enjoy!

PNC Bank Family Reunion Area
Family and friends are invited to relax and celebrate with their favorite finisher(s) in the family reunion area.

There will be alphabetically-lettered signs available to help reunite participants. In addition, a variety of vendors and food trucks will be positioned in this area.

PARTICIPANTS: Please ask family and friends to respect your fellow participants by patiently waiting for you in the PNC Bank Family Reunion Area.

Michelob Ultra After-Party
Enjoy the post-race party presented by Michelob ULTRA. A popular local band will perform live in this area. Free Michelob ULTRA samples will be available for participants 21 and older. A special beer tag is affixed to your bib and must be presented for a sample.
Drury Hotels is proud to be a sponsor of GO! St. Louis®

The Extras Aren’t Extra!
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Free Wifi Throughout the Hotel
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Microwaves & Refrigerators in Every Room
Pools with Whirlpools

Over 130 Hotels in 21 States... AND GROWING!
Including 20 St. Louis Area Hotels
MARATHON RELAY PARTICIPANTS

This is a 4-person relay event. **Runners at each relay station MUST remain on the sidewalk away from the curb.** The stations will be set up with a curb lane for the incoming runners. Course monitors will announce the runners with their numbers as they approach the station. The curb lane must be **FREE** for runners.

Presentation of a relay bib will be each Marathon Relay participant’s “ticket” for complimentary ridership on the MetroLink during the Marathon Relay. The free passes are valid for traveling to the Relay Station from downtown St. Louis and returning downtown, only during hours of the Marathon Relay competition. Spectator’s accompanying Marathon Relay participants must purchase a MetroLink fare. A one-way ticket is $2.50. They accept credit, debit and cash.

**We strongly advise you to use metrolink public transportation to transfer to the relay stations. Driving to the relay stations may be difficult because streets along the marathon course will be closed to traffic.**

**Finish as a Team**

We encourage all four relay members to cross the finish line together. Team members, who have completed their legs, may wait at the relay flag positioned on the west side of Leonor K. Sullivan at Lucas. When you see your relay team member (Runner 4) re-join them on the course for the last quarter mile to the finish line. All members of the relay team must still have their relay bibs visible to race officials to re-enter the course.

**Relay Legs**

Relay teams are comprised of four members, running or walking approximately six miles each, to complete a full 26.2 marathon. The first team member will run approximately 4.75 miles, second member 5.75 miles, third member 7.5 miles and the final team member will run 8.2 miles. The race offers an opportunity for family, friends, co-workers and organizations to join together to compete as one. Marathon Relay divisions include: women, men, co-ed corporate and co-ed family & friends.

The marathon relay race is also a great way for newcomers to endurance competition to get started, while enjoying the team aspect. Participants who have completed their relay leg of the course, all join the final team member near the finish line so they can cross the line together. The 2017 Marathon Relay has been capped at 650 teams (2,600 individuals) and typically reaches capacity before race day, so we encourage teams to register early.

Presented by

LOCKTON
**GO! St. Louis MARATHON WEEKEND**

**RELAY Exchange Stations**

**RELAY STATION #1**
West side of Broadway, between Clark St and Walnut St for the exchange between runner #1 and runner #2. Relay Exchange #1 is on the east side of Busch Stadium. If runner #2 is using the Metrolink, take the Stadium (Busch Stadium) Station at Spruce and 8th St, Walk north on 8th St to Clark St, then east on Clark St to Relay Exchange #1.

Runner #1 can take an eastbound Metrolink train from the Stadium Station to the Laclede’s Landing Station. From there, participants should walk to Relay Exchange #4 on the west side of Leonor K Sullivan and Lucas.

**RELAY STATION #2**
Southwest corner of Grand Blvd and Chouteau Ave for the exchange between runner #2 and runner #3. If runner #3 is taking the Metrolink, exit at the Grand Station. This Metrolink Station is below the Grand Blvd overpass. Walk up the stairs to Grand Blvd, head south on Grand Blvd to Chouteau Ave. Cross Chouteau at Grand to access Relay Exchange #2.

Runner #2 can take an eastbound Metrolink train from the Grand Station to the Laclede’s Landing Station. From there, participants should walk to Relay Exchange #4 on the west side of Leonor K Sullivan and Lucas.

**RELAY STATION #3**
In Forest Park, east of the Visitor’s Center, on the northwest corner of Cricket and Grand Dr for the exchange between runner #3 and runner #4. If runner #4 is taking the Metrolink, proceed approximately ½ mile south on DeBaliviere into Forest Park. Take the pedestrian path east toward the Visitor’s Center. Continue east, past the Visitor’s Center to the northwest corner of Cricket and Grand Dr.

Runner #3 takes any eastbound train from the Forest Park Metrolink Station to return downtown to the Laclede’s Landing Station. From there, participants should walk to Relay Exchange #4 on the west side of Leonor K. Sullivan and Lucas.

**RELAY STATION #4**
Located on the west side of Leonor K. Sullivan at Lucas. This exchange location is where team members who have already participated meet and run the last stretch with the final runner, crossing the finish line as a team.
McCarthy Building Companies is proud to support GO! St. Louis and the thousands of participants who are striving to achieve their own goals for their own reasons.
THE DOWNTOWN SUMMER FESTIVAL RETURNS!

St. Louis Uncorked
THE FIRST SIP OF SUMMER
#STLUncorked

2017

JUNE 2nd - 3rd

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95 calories, 2.6g carbs, 0.6g protein and 0.0g fat, per 12 oz.
Lower carbs. Fewer calories.
Exceptional taste.
Brewed for those who go the extra mile.

GO! St. Louis is a local, nonprofit organization.
5K | 1-MILE | BEER RELAY
Gateway Motorsports Park
GO! St. Louis is a local, nonprofit organization.

Events Start at Twilight
REGISTER TODAY!
gostlouis.org

August 19, 2017
GO! ST. LOUIS PACE TEAMS

Presented by

MOLottery.com

Official pace teams presented by Missouri Lottery are offered free to all marathon and half marathon participants, led by experienced Smart Pacing pacers for a wide variety of times including many of the Boston qualifying standards. We hope you will find this support useful, as you strive to achieve your marathon goals.

A pace team is a group of runners led by an experienced leader who run together in the marathon or half marathon. The pace leader runs a steady pace and keeps track of that pace so that the group can achieve their goal of finishing the marathon or half marathon at a particular time. There are wonderful benefits to running with a pace group. You’ll be supported by a cheerful leader and will be side-by-side with other runners sharing the same goal as you.

Runners will be able to locate their pace team on race day by their pace signs. They will be located in the runners’ corral and lined up accordingly, by times. Try to meet up with your team 30 minutes prior to the start. Final instructions will be given at approximately 6:50 am, which includes your pacer’s method for water stops and keeping the group together.

The GO! St. Louis Pace Team promises to provide fun and excitement for both first-time, and experienced marathoners and half marathoners looking to reach their running goals – whether that’s a personal best, or just getting across the finish line.

We will have marathon groups for the following goal times:
3:30, 3:40, 3:50, 4:00, 4:10, 4:20, 4:30, 4:45, 5:00 and 6:30.

We will have half marathon groups for the following goal times:
1:35, 1:40, 1:45, 1:50, 1:55, 2:00, 2:05, 2:10 and 2:20, 2:30, 2:40, 2:50, 3:00.
Catch more of what you’re running for.

More endorphins.
More finishes.
More personal bests.
More of what you love.

Stop by the mercy booth at the GO! St. Louis expo for pre-race stretching, and get tips on how to stay injury free or recover from injury from our sports medicine specialists.

Learn how we can help you reach your goals at mercy.net/STLgo

Mercy + Sports Medicine

Your life is our life’s work.
GETTING DOWNTOWN ON RACE MORNING

Parking

We are SO excited to be at our new riverfront site this year! It's beautiful. However, please be aware that parking on the north section of downtown is very limited due to the course and a couple other events in town this weekend. But you have a couple other options: The GO! St. Louis Park & Ride Shuttle or MetroLink.

The GO! St. Louis Park & Ride Shuttle
GO! St. Louis is offering a shuttle service to and from the race site. Park in the central downtown area (near Union Station lots – plenty of street and lot parking) & ride our shuttle to the start. $5, round-trip. Available to spectators and runners.

NOTE: Shuttle tickets MUST be purchased before race morning either online before Friday or at the Expo. Again, NO on-site tickets will be available.

Think Green: Take Metrolink to the Race.
It has never been easier to take the Metro to the race site! This year the Laclede’s Landing Station is roughly one block away from the start line. MetroLink has increased the number of cars they are running to every 10 minutes.

You can find more information at metrostlouis.org/
**2016 GO! ST. LOUIS MARATHON WEEKEND STREET CLOSURES**

**Interstate Highway Ramps: Apr 9, 2017**
- I-64 EB at Jefferson ........................................... 6:30am – 1:30pm
- I-44 WB at Broadway ........................................... 5:30am – 3pm
- I-44 WB at Convention ........................................... 5:30am – 9am
- I-44 EB at Washington ........................................... 5:30am – 9am

**Festival Area — Fri-Mon, Apr 7-10, 2017**
Leonor K Sullivan: MLK Dr – Poplar St.............7am (4/7) – 12pm (4/10)

**Run Route: Sunday, April 9, 2017**
- Carr St, Westbound lanes, betw LKS & 3rd St ....... 6:15am – 2:30pm
- 3rd St, betw Carr St & MLK Dr. ......................... 6:15am – 7:30am
- 3rd St, betw MLK & Eads Bridge ....................... 6:15am – 8:30am
- MLK Bridge, betw 3rd St & MLK Dr/Collinsville Ave .... 6:00am – 8:30am
- Collinsville Ave, betw MLK Dr & River Park Dr ....... 6:00am – 8:00am
- River Park Dr, betw Collinsville Ave & Eads Bridge..... 6:00am – 8:30am
- Eads Bridge ....................................................... 6:00am – 8:30am
- Washington Ave, betw Broadway & Eads Bridge ...... 6:15am – 8:30am
- Broadway, betw Washington & Chouteau............... 6:15am – 8:45am
- Broadway (NB) & Park................................. 6:15am – 8:45am
- 7th (NB Lanes), betw Park & Shenandoah ............. 6:15am – 9:00am
- 7th (SB Lanes), betw Shenandoah & Lynch............. 6:15am – 9:00am
- 13th St, betw Pestalozzi & Sydney...................... 6:15am – 9:20am
- Sidney St, betw 13th & Gravois......................... 6:15am – 9:20am
- Gravois Ave, betw Sydney & Mississippi.............. 6:15am – 9:25am
- Mississippi Ave, betw Gravois & Park................. 6:15am – 9:35am
- Park Ave, betw Mississippi Ave & Jefferson........... 6:15am – 9:45am
- Jefferson Ave, betw Park Ave & Wash. Ave.......... 6:15am – 1:20pm
- Chouteau, betw Jefferson & Grand................... 7:00am – 1:10pm
- Chouteau Ave, betw Grand & Newstead ................. 7:00am – 1:00pm
- Vandeventer, betw Chouteau & Tower Grove Ave ..... 7:00am – 11:20am
- Tower Grove Ave, betw Vandeventer & Magnolia .....7:00am – 11:00am
- Newstead Ave, betw Chouteau & Clayton Dr............ 7:00am – 12:35pm
- Clayton Dr, betw Newstead & Faulkner ............... 7:00am – 12:35pm
- Faulkner, betw Clayton Dr & Theatre .................. 7:00am – 12:20pm
- Theatre, betw Union & Cricket Dr ..................... 7:00am – 12:20pm
- Cricket, betw Pagoda Circle & Grand Dr .............. 7:00am – 12:20pm
- Grand Dr, betw Cricket Dr & Jefferson/Faulkner ...... 7:00am – 12:20pm
- Washington Ave, betw Jefferson & 14th St............ 6:15am – 1:40pm
- 14th, betw Washington & Cole St ..................... 6:15am – 1:45pm
- Cole, betw 14th & 3rd St ..................................... 6:15am – 2:00pm

If you have a question regarding street closures, please contact us at (314) 727-0800.
WE'RE HOME GROWN,

a completely independent St. Louis publication

connecting our community.

[ Proud to support GO! St. Louis ]

121 Hunter Ave.
Suite 201
314.657.2100
townandstyle.com
SPECTATORS: WHERE TO WATCH

Certain areas along the half marathon and marathon race course offer great locations to view the race and provide encouragement to runners and walkers. Feel free to find any spot along the course that is convenient for you. Many spectators utilize Metrolink to travel to and from different areas along the course.

Start Line
Spectator viewing will all take place north of the start line/start corrals. Spectators will not be able to access Leonor K Sullivan Drive (where the start line is) at the corral load in points, so we ask that you go north (ahead) of the start line to line the street to watch the start of the race.

One great location to watch the start of the race is from the PNC Cheer Zone - it will be at the corner of Leonor K Sullivan and Carr St just before the runners turn west to leave the riverfront and head over the river to East St. Louis. More information on the PNC Cheer Zone below!

PNC Bank Family Reunion Area
This area is a great spot to meet family and friends post-race. It’s located just east of the Eads Bridge. Spectators can position themselves under the alphabetical sign that corresponds with the participant’s last name to reconnect after the race.

PNC Bank Cheer Zone
This year, the PNC Bank Cheer Zone is the best place to watch the start AND finish of the race! Located at the intersection of Leonor K Sullivan Drive and Carr Street, all runners will pass by this location just after they start the race before turning west to head up and over the MLK Bridge.

And then, it’s the site of the very last turn of the whole race - when runners come down the hill and turn back onto Leonor K Sullivan Drive to run the last straightaway to the finish line in front of the Arch!

In addition to being the best viewing spot of the day, Ronnoco will be serving FREE coffee, PNC will have bagels and some fun cheering giveaways, and a DJ will be on-site for extra energy and motivating music!

Visitor’s Center in Forest Park
If you’re looking for a great place to cheer on a full marathoner, this spot is ideal. There is plenty of parking and the marathons will run down Cricket Drive in Forest Park (which is just east of the Visitor’s Center) at mile 18.5.

Athlete Tracking
Spectators can utilize the free athlete tracking service to monitor a participant’s progress. Sign up for the service and receive text or social media alerts on race day. Visit gostlouis.org/marathon-weekend-details and look for the Athlete Tracking heading at the bottom to sign up before race day!
GO! St. Louis is a local, nonprofit organization.

Sunday, June 18, 2017
- T-shirts
- Finisher medals
- Apple pies for age group winners
- Limited to the first 3,000 registrants

GO! St. Louis is a local, non-profit organization.

The Great GO! St. Louis Halloween Race
- Half Marathon
- 10K
- 5K
- Fun Run

Sunday, October 22, 2017
This fun and festive event attracts more than 5,000 participants and has the best race swag of the season!

Register Now! gostlouis.org
# PAST GO! ST. LOUIS CHAMPIONS

## MARATHON—Men’s Division

Event Record:  
Geoffrey Kiprotich 2:20:00  
2000 James McGown, 2:26:08  
2001 Fancisco Tomas, 2:25:49  
2003 Ron Chisolm, 2:45:35  
2004 Eric Heins, 2:25:42  
2005 Aaron Hoover, 2:33:45  
2006 Daniel Maurer, 2:25:09  
2007 Karl Gilpin, 2:28:59  
2008 Karl Gilpin, 2:24:51  
2009 Zac Freudenburg, 2:23:57  
2010 Karl Gilpin, 2:25:41  
2011 Paul Howarth, 2:29:41  
2012 Julius Kosgei, 2:28:37  
2013 Geoffrey Kiprotich, 2:20:00  
2014 David Glennon, 2:34:34  
2015 Richard Chelimo, 2:36:11  
2016 Michael Kettler, 2:23:19

## MARATHON—Women’s Division

Event Record: Jackie Pirtle-Hall, 2:42:03  
2000 Erika Blattenberg, 3:09:24  
2001 Julie Lossos, 3:00:49  
2003 Susan Dome, 3:18:47  
2004 Nicole Cuneo, 2:55:54  
2005 Stephanie Hill, 3:05:28  
2007 Christine Ensign, 3:05:15  
2008 Tara Keller, 3:07:26  
2009 Megan Earney, 2:51:20  
2010 Julie Lussos, 2:52:31  
2011 Angie Turner, 2:59:43  
2012 Jackie Pirtle-Hall, 2:42:03  
2013 Autumn Ray, 2:51:28  
2014 Jenny Graef, 2:57:17  
2015 Andrea Karl, 2:54:29  
2016 Jackie Pirtle-Hall, 2:49:25

## MARATHON—Men’s Wheelchair Division

Event Record: Don Dowling, 2:00:14  
2001 Casey Adams, 2:45:42  
2003 Terry Blackwell, 3:05:45  
2004 Don Dowling, 2:03:45  
2005 Don Dowling, 2:07:30  
2006 Yevgeni Tetyukhin, 3:07:50  
2007 Jim Spencer, 3:58:46  
2008 No wheelchair participant  
2009 Don Dowling, 2:12:58  
2010 Don Dowling, 2:00:14  
2011 Don Dowling, 2:17:34  
2012 Don Dowling, 2:06:10  
2013 Zachary Young, 2:23:46  
2014 Zachary Young, 2:18:35  
2015 No wheelchair participant  
2016 No wheelchair participant

## MARATHON—Women’s Wheelchair Division

Event Record: Holly Koester, 3:28:19  
2000 Jason Holroyd, 1:12:32  
2004 Andrew Smith, 1:10:00  
2005 Chris Juarez, 1:11:50  
2006 Zac Freudenburg, 1:08:36  
2007 Mathew Chesang, 1:09:02  
2008 Mathew Chesang, 1:08:20  
2009 Kipruto Rotich, 1:07:19  
2010 Mario Macias, 1:05:09  
2011 Josphat Boit, 1:06:47  
2012 Daniel Kirwa, 1:05:01  
2013 Aaron Braun, 1:03:13  
2014 Jacob Chemtai, 1:03:14  
2015 Kenneth Rotich, 1:03:46  
2016 Kenneth Rotich, 1:04:41

## HALF MARATHON—Men’s Division

Event Record: Aaron Braun, 1:03:13  
2003 Jason Holroyd, 1:12:32  
2004 Andrew Smith, 1:10:00  
2005 Chris Juarez, 1:11:50  
2006 Zac Freudenburg, 1:08:36  
2007 Mathew Chesang, 1:09:02  
2008 Mathew Chesang, 1:08:20  
2009 Kipruto Rotich, 1:07:19  
2010 Mario Macias, 1:05:09  
2011 Josphat Boit, 1:06:47  
2012 Daniel Kirwa, 1:05:01  
2013 Aaron Braun, 1:03:13  
2014 Jacob Chemtai, 1:03:14  
2015 Kenneth Rotich, 1:03:46  
2016 Kenneth Rotich, 1:04:41

## HALF MARATHON—Women’s Division

Event Record: Kellyn Johnson, 1:11:50  
2003 Heather May, 1:30:56  
2004 Jennifer Prim, 1:22:20  
2005 Eileen Petito, 1:27:47  
2006 Katie Sutton, 1:23:00  
2007 Serena Ramsey, 1:14:13  
2008 Kelly Handel, 1:20:13  
2009 Kelly (Handel) Williamson, 1:23:03  
2010 Mariska Kramer, 1:17:23  
2011 Ann Kinger, 1:20:18  
2012 Alexandra Blake, 1:20:52  
2013 Mattie Suver, 1:12:22  
2014 Kelly Johnson, 1:11:50  
2015 Prisceth Bartenge, 1:14:36  
2016 Pauline Thitu 1:15:39

## MARATHON RELAY—Combined Divisions

Event Record: Running Center, 2:26:08  
2000 Running Center, 2:26:08  
2001 Running Center, 2:27:03  
2003 Stormin’ Redman, 2:44:45  
2004 Two Quarts Low, 2:57:44  
2005 Tulsa Time Machine, 2:59:36  
2006 St. Louis Harriers, 2:35:36  
2007 Congrats: Emily/Mark, 2:36:33  
2008 AMDG, 2:47:24  
2009 Off Constantly, 2:50:33  
2010 Off Constantly, 2:41:17  
2011 Off Constantly, 2:51:17  
2014 Fastest Feed on the Street 2:37:54  
2015 Off Constantly, 2:36:33  
2016 Big River Racing Team 2:39:41

## 5K RUN—Men’s Division

Event Record: Justin Kunz, 15:10  
2000 Chris Wallaert, 15:52  
2001 Jimmy Bean & Andy Bratten, 16:16  
2003 Paul Koepp, 18:28  
2004 Gordon Sanders, 16:10  
2005 Kraig Vanderbeek, 16:46  
2006 Chris Terry, 16:01  
2007 Victor Palacios, 17:04  
2008 Justin Kunz, 15:10  
2009 Adam MacDowell, 15:3  
2010 Jeff Cooper, 17:05  
2011 Kevin O’Neill, 18:30  
2012 Race Cancelled (weather)  
2013 Sean O’Connor, 16:56  
2014 Phil Eiseman, 17:18  
2015 Cody Newlon, 16:22  
2016 Greg Hutson, 16:46

## 5K RUN—Women’s Division

Event Record: Erin Moeller, 17:45  
2000 Colleen Casey, 18:24  
2001 Lucie Mays, 19:34  
2003 Becky Lorey, 18:06  
2004 Eileen Petito, 19:03  
2005 Terri Menghini, 20:42  
2006 Victoria Saeland, 19:19  
2007 Erin Moeller, 17:45  
2008 Johanna Moeller, 17:45  
2009 Julie Lossos, 18:21  
2010 Cassie Peller 17:56  
2011 Morgan Ansell, 20:11  
2012 Race Cancelled (weather)  
2013 Nicole Beckman 20:43  
2014 Katie Sutton, 19:31  
2015 Elizabeth Turner, 18:34  
2016 Ally Krueger, 19:31
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SUPPORT GO! ST. LOUIS YOUTH PROGRAMS

As a 501(c) non-profit organization, GO! St. Louis strives to educate and improve the health and wellness of more than 25,000 young students each year. The rising rate of youth obesity has become a central issue for us, and as we continue to reach more children and expand our outreach every year through the GO! St. Louis Read, Right & Run Marathon®, Middle School Milers and Students on the GO! programs.

GO! St. Louis Read, Right & Run Marathon®
Fighting childhood obesity, contributing to the community and supporting academic achievement are the focus of the GO! St. Louis Read, Right & Run Marathon® (grades K through 5). During the 26 week program, students READ 26 books, perform 26 good deeds to RIGHT the community and RUN 26 miles.

Every student receives a journal not only to record books read, deeds done and miles run, but also to engage in other fun learning activities. Each of the more than 200 participating schools has designated a committed coordinator or team to carry out the 2016-2017 program.

GO! St. Louis Middle School Milers
GO! St. Louis Middle School Milers was created to meet the needs of students in grades 6–8, who are at an in-between period where fitness can have a big impact on not just their physical health, but their overall outlook. Students follow a 9-week training program with a goal of running/walking the GO! St. Louis 5K on April 8th. In addition to developing physical fitness skills, a nutrition component encourages a healthy lifestyle. Students will maintain a log and will record their 1-mile times so that they can monitor their progress. Further, students will participate in a school/community service project.

Students on the GO!
Students on the GO! prepares high school students to run or walk the annual GO! St. Louis Half Marathon. Participating students, along with educators have been attending training sessions since November in preparation for reaching their 13. Participants earn incentives along the way including running shoes, a technical running shirt and a finisher’s jacket and are treated to a pre-race pasta party and post-race festivities. In addition, GO! St. Louis also celebrates their academic success by offering eight $1,000 scholarships to graduating seniors to pursue post high school education.

For 2017, GO! St. Louis is partnering with 15 St Louis area high schools in the Students on the GO! program: Central CVPA High School, Collegiate School of Medicine & Bioscience, Collinsville High School, Gateway STEM High School, Lindbergh High School, McCluer North High School, Mehlville High School, Metro Academic and Classical High School, Oakville High School, Parkway Central High School, Parkway North High School, Parkway West High School, Pattonville High School, Ritenour High School and University City High School.

Support GO! St. Louis Youth Programs! Visit gostlouis.org and click on the Community Program tab or call 314-727-0800.

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