



2008 FREE TRAINING RUNS

WHERE: Forest Park Visitors Center

WHEN: Saturdays: Jan. 5; Jan. 19; Feb. 2; Feb. 16; Mar. 1; Mar. 15; Mar. 29

WHY: To help you prepare for the GO! St. Louis Marathon, Half-Marathon, and Marathon Relay!

START TIME: 8:00 AM

Please join us this year as we put on a series of informal training runs designed to provide an enjoyable break in the monotony of marathon training. We will meet between 7:30 am and 8:00 am at the Forest Park Visitor's Center and participants will be asked to sign in. At 8:00 am we will gather on the bike path where runners/walkers will be able to do as many loops (roughly 6 miles) as they wish. We expect people of all ages and abilities so everyone can find a partner or two. Refreshments will be provided by a different specialty running or fitness store from the St. Louis area each week and will be available from 8 am to 11 am. In addition, professionals from the Saint Louis Injury and Rehabilitation Center will attend the runs to provide support and address runners' specific training challenges.

Please support these stores who are sponsoring the training runs:

January 5, 2008	Big River Running Company (636-394-5500)
January 19, 2008	Fleet Feet Sports (636-532-0522) or (636-939-0161)
February 2, 2008	The Running Center (314-961-2647)
February 16, 2008	Big Shark Bicycle Co. and Little Shark Athletic Co. (314-862-1188)
March 1, 2008	Ghisallo Running (314-727-4786)
March 15, 2008	GO! St. Louis (314-727-0800)
March 29, 2008	Running Start (618-628-9898)

Training runs for MIDDLE SCHOOL CHILDREN participating in the Read, Right & Run Marathon®. Registration for the children's training runs begins at 8:15 a.m. and the runs start at 8:30 a.m. The mileage for the children's runs will gradually be increased to assist them in their 5K training. However, should the temperature drop below 25, or if it is raining, the children's runs will be cancelled.

Dress warmly: Layers, including a jacket; hats; gloves or mittens; warm socks.

GO! ST. LOUIS FAMILY FITNESS WEEKEND® – APRIL 5 & 6, 2008