



Small Steps, Big Goals!

The GO! St. Louis Youth Programs Newsletter
February 2009



Kids Training Runs

Our first **GO! St. Louis Read, Right & Run Marathon** training run of the spring season is set for **Saturday, February 28** at the Visitor's Center in Forest Park. Registration begins at 8:30am (event is free), and a family 1-mile training run begins at 9:00am. Parents are welcome to participate and are asked to stay for the entire program.

Can you believe that summer is around the corner? We can - because we're already planning for another Summer Track Series beginning in June! This program is open to families with children who have completed Kindergarten - 8th grade, and is designed to engage students and their parents to get active together through Track & Field activities.

Summer Track Series

The series will be held on **Wednesday evenings** and will run from **June 10 to July 15**. There will be two locations for this year's program: Parkway North High School and a St. Louis City location to be determined. Details soon at www.gostlouis.org !

All-Star Game

Speaking of the summer, our great city **All-Star Game** will be hosting **Major League Baseball's All-Star Game** this July! And what better way to celebrate this event than by having a run? In partnership with Major League Baseball, GO! St. Louis will be coordinating the **All-Star 5K and Fun Run** set for **July 12, 2009**.

For more information, go to www.allstargame.com - registration opens soon!

Do you know about "GO!"?

Did you know that GO! St. Louis has a training program for inner-city high school students? **Students on the GO!** is a pilot program at **Roosevelt High School** (St. Louis Public Schools) and is working with 30 students to train for our April events from the half-marathon to the 5K! If you are interested in learning more or would like to volunteer with this program, please contact us at 314-727-0800.

Calling All Moms!

GO! St. Louis and momslikeme.com have partnered to offer moms an opportunity to join together on a fitness team. Visit the www.momslikeme.com website to join the team and find valuable training schedules and nutrition tips. Moms can become part of a group that will participate in the 2009 GO! St. Louis Family Fitness Weekend or simply share personal fitness accomplishments and challenges.

| where St. Louis moms meet

GO! St. Louis ★ 7727 Clayton Rd. ★ (314) 727-0800 ★ www.gostlouis.org

