



# Small Steps, Big Goals!

The GO! St. Louis Youth Programs Newsletter

March 2009



## Youth Training Runs - March 21 & April 4

Get ready, get set, GO! ... to another Youth Training Run for the Read, Right & Run Marathon® Our second training run will be at **Clydesdale Park in South St. Louis County** at the park shelter. And the final training run will be at **Tilles Park in Ladue at McKnight & Litzinger Rd.** Each event includes a one-mile run and snack afterwards. Registration begins at 8:30am (event is free), and training run begins at 9:00am. Parents are welcome to participate and are asked to stay for the entire program.



## Volunteer Opportunities for Race Weekend!

Besides coming to our great youth events on Saturday, April 18 in Forest Park, **have you considered volunteering for one of our other events, or helping to prepare for the BIG weekend?** We have volunteer jobs in the weeks leading up to our races, and also on Sunday, April 19 for the marathon and half marathon events! For volunteer information and online sign-up, go to: <http://www.gostlouis.org/>



## Do you know about "GO!" ??

You know we have youth programs, but did you know we have a program for seniors? It's called the **Mature Mile**, and it is a one-mile walking event for the more "mature" participants in our race weekend. If your family comes to the Family Day in Forest Park for the Read, Right & Run Marathon or 5K Run/Walk, consider staying to watch these participants accomplish a great goal! **Last year, our most mature miler was 92 years young!**



## Nutrition Knowledge

Did you know that the **hamburger** celebrated it's 100th birthday in the year 2004. And the first hamburger was made...guess where?  
At the World's Fair in **St. Louis** in 1904!



IT'S WHAT'S FOR DINNER.®

One of our sponsors, Missouri Beef Council, has lots of great nutrition facts and recipes on their website: [www.mobeef.com](http://www.mobeef.com)



GO! St. Louis

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