

2017 St. Louis Track Club marathon training program

The St. Louis Track Club announces the return of its popular marathon training program in 2017.

Ron Eisenberg (reisenberg@sl-lawyers.com) and Ron Golan (rgolan11@gmail.com), each of whom have 50+ marathons under their belts, return as your training coordinators.

Contact them with any questions, other than the perennial “Am I too slow?” (No, and we don’t care, so long as you commit.) Whether you are training for your first marathon or a repeat customer, we welcome you. You will improve your running, make friends, and learn of new places to run, both on the road and on trails. The program is free, but you must be a **member of the St. Louis Track Club**. www.stlouistrackclub.com/membership/join-renew To receive details regarding all group runs, directions, training tips, and other important information, please join St. Louis Track Club Marathon Training Group on Facebook.

Entry Guidelines: Minimum of 20 miles per week; long run of at least 8 miles without walking; at least 3 runs per week. Runs start at 7:00 a.m. sharp but arrive early because parking can get crowded.

<u>Date</u>	<u>Site</u>	<u>Mileage</u>
July 1	Queeny Park—Upper Parking Lot – 2 Loops	8
July 8	Trail Head Brewery—Old St. Charles	10
July 15	Babler State Park —2 Outer Loops & 1 Inner Loop	13.5
July 22	Creve Coeur Lake Park—Water Fall (Taco Bell Shelter)	11
July 29	Center of Clayton—SLTC ½ Marathon Course	13.1
August 5	Lone Elk Park—Chubb Trail	15.5
August 12	Weldon Springs—Katy Trail	18
August 19	Forest Park Visitor’s Center—Arch Run	14
August 26	Babler State Park—3 Outer Loops & 1 Inner Loop	18
September 2	Collinsville, IL— MCT Old School house trail	16
September 9	Forest Park Visitor Center—Inside the Park	20
September 16	Castlewood State Park	14
September 23	Improved Grant’s Trail—from Kaldi’s in Kirkwood	16
September 30	Creve Coeur Lake Park— Taco Bell Shelter to St. Charles	13
October 7	Cliff Cave Park	10