We’ve arrived at the final races in the 2022-2023 Frostbite Series sponsored by SSM Health Physical Therapy! Here is information you will need to take part in Race #5 - 3M/15K. Please read it carefully. Also, if you are in contention for a Series age group award, please take a look at the information below regarding those.

Fifth race: Saturday, February 4

Bib pickup: For those that need to pick up a bib, they will be available starting at 6:45 am on race day, outside on the South side of the Visitor Center.  (5595 Grand Dr, St. Louis, MO 63112)

Race location: Across from the Visitors Center in Forest Park

Distances: Short Series–3M; Long Series–15K

Long Series Walkers Start Time: starting at 7:45 a.m.

Short Series Start Time: 8:15 a.m.

Long Series Start Time: 8:20 a.m.

PRERACE INSTRUCTIONS

Bib numbers: Bibs can be picked up on race day outside the Visitors Center beginning at 6:45 a.m. For Series registrants, bibs should be kept and used for the duration of the series. Replacement bibs will be available should you lose/forget yours.

*\*\*If you signed up for an individual race, you should pick up a new bib on race day outside the Visitors Center, even if you've participated in a past race as an individual.\*\**

Purchased gear pickup: If you ordered gear and have not picked it up yet, it will be available on race morning before and after the race, near the bib pick up.

RACE INSTRUCTIONS

Courses: We had to make modifications to the 3M course to accommodate another activity in Forest Park. Course maps are available at https://www.stlouistrackclub.com/frostbite-series. Roads are open to traffic except as noted on forestparkmap.org/alerts. Course marshals will be present at various locations. Please be aware of your surroundings and pay attention at intersections.

Race starts: The short and long course series will each have its own starting times. The short race will start at 8:15 a.m. The long race will start at 8:20 a.m. Walkers and slower-pace runners for the long race may begin early at 7:45 a.m.

Restrooms: As with last year’s Series, we are not using space inside the Visitors Center on race day. While the Visitors Center is open, participants are asked to avoid congregating inside before their race. Portable restrooms and hand sanitizer will be available in the parking lot across from the Visitors Center. We encourage participants to wait in their vehicles or outside before their start time.

Water stations: Water and safety stations will be set up on the course. Stations will have water and sports drink in cups. Participants will be required to pick up their own drinks at water stations. Participants are encouraged to bring their own water bottle or hydration device.

FINISH INSTRUCTIONS

Finish times and recovery: Participants will receive their time via text message following the race. Make sure you added your phone number to your registration.

Post-race refreshments: Postrace refreshments will consist of water, sports drink, and pre-packaged products that participants can pick up on their own. We will have some Gluten Free and Vegan items - please only pick those up if you have a gluten free or vegan diet. They will be marked.

Shirts and purchased items: Series shirts and premium items not picked up yet will be available at the tables outside next to the Visitors Center. Race shirts are for those participants who registered for the entire Short or Long Series and those that purchased them separately.

Series medal: If you signed up for the Series and weren’t able to pick up a medal after the 4M/Half Marathon races, you can pick one up at the T-shirt tables next to the Visitors Center after this race.

AWARDS

Race ribbons: At each short and long Series race, the top five runners in each age group (by gender) will be awarded a ribbon. Please claim your award by coming to the registration table in front of the Visitor Center after the race.

Series awards: If you are in contention for a Series age group award, please check the Series standings before Saturday’s race. Here are current standings for the [Short](https://results.raceroster.com/v2/en-US/results/43wky5ev9hba7xzg/results?subEvent=155168) and [Long](https://results.raceroster.com/results/43wky5ev9hba7xzg?sub_event_option=structured_155169) Series. If you see an error with your Series point totals, please e-mail jake@fleetfeetstlouis.com to work to correct it.

Awards for the Short Series should be final at around 9:15 a.m. and for the Long Series at around 10:00 a.m. Series age group standings and awards will be available at the tables outside next to the Visitors Center.

For any Series age group award winners who are not able to pick up their awards after Saturday’s final races, you can e-mail jake@fleetfeetstlouis.com to have your award sent to the Fleet Feet store that is most convenient for you to arrange for pickup. Fleet Feet has [five St. Louis locations](https://www.fleetfeet.com/s/stlouis/locations) to choose from, and Jake will let you know when your award will be available at the store of your choosing.

For all participants who have completed all 5 races, we have a small reward for you, which will be available for pick up at the awards table.  Those participants that emailed us a record of their virtual run from the Dec. 24 2M/10M race are also eligible to receive the reward.

High school runners: We have awards for the top male and female high school runner in each Series so stop by the awards table to see if you have won. Your best 4 out of 5 races will count toward this award.

RACE PHOTOS

We have hundreds of [race photos](https://photos.app.goo.gl/YFXiDAsD3YrnTLkc8) from the December 24 2M/10M races courtesy of Elaine Collins for you to enjoy.

CHARITY DRIVES

Shoes: We will be collecting your used running and other athletic shoes (cleats included).  It doesn't matter what shape they are in, just bring them with you and drop off in the pile near race registration.  Money raised from recycling the shoes will go to our Scholarship fund.

CANCELLATIONS AND WEATHER POLICY

As with any race year, the safety and well-being of everyone is our utmost concern and we will keep all event options within the guidelines of the CDC, the State of Missouri, and the City of St. Louis. Should an in-person Frostbite Series not be permitted by government or health authorities, we will allow runners to convert to the virtual option or offer a deferral to a future St. Louis Track Club event.

Races will be held rain, snow, or shine and will not be cancelled except for cases of severe weather or unsafe road/course conditions. Less threatening conditions may cause alterations of the course or race day activities to ensure participant, volunteer, and community safety. The St. Louis Track Club is a nonprofit organization, and all net proceeds are used to further the SLTC’s mission in the community. As such, no refunds or credits will be given in case of cancellation due to weather.

If you have any questions, please email us at office@stlouistrackclub.com or on race day you can text or call 804-366-4528.  See you on Saturday!