

2026 Saint Louis Half Marathon & 5K Race Guide

The St. Louis Track Club is thrilled to welcome you to the 47th Annual Saint Louis Half Marathon & 5K on Sunday, November 8, 2026! Please review all the essential information below to ensure the best race day possible.

Race Day Overview

- Race Date: Sunday, Nov. 8, 2026
- Location: The Upper Muny grounds, Forest Park
- Start/Finish Line: Summit Drive, by the Muny box office.
- Race Starts: 7:30AM for the Half Marathon, 8AM for the 5K. Half marathon early start begins at 7 a.m. (more info below)

Pre-Race Packet Pickup (Highly Encouraged!)

For your convenience we offer multiple packet pickups before the race. We highly encourage attending one of these to avoid delays on race morning. You may pick up the packet of a friend or family member.

- Friday, Nov. 6, 1- 6PM: Running Niche (1601 Tower Grove Ave.) – Pick up your bib, shirt, and any other race supplies and fuel you need. Running Niche is also a sponsor of this year's Half Marathon and 5K so please give them your support.
- Saturday, Nov. 7, 10AM-4 PM: Forest Park Visitor's Center – We'll be set up in the Voyager room, so swing on by and grab your gear. You can even get a little shakeout run in at the park while you're at it.
- NEW THIS YEAR! On Saturday, Nov. 7 at 2:30 p.m. Come hear experienced runner, author, and coach JEFF HOROWITZ talk about how to analyze your race after crossing the finish line. Jeff will discuss how you can learn from your experience to make you a better runner, and how to figure out when you can resume training.

Note: Virtual race packets can be picked up in person, and will be mailed if they are not.

Race Day Logistics

PARKING AND PARK ACCESS:
Parking will be available at the Muny, as well as any of the other public parking spots available in Forest Park. Please note that by as early as 6 a.m., the DeBaliviere Circle, Cricket, Union, Forest Park Parkway, West Pine (both entrances), Hospital Drive, and Clayton entrances will close.

Plan to be at the Muny no later than 7 a.m. if you are racing in the Half Marathon, and 7:30 a.m. if you are racing in the 5K.

PACKET PICKUP:
Packet pickup will begin on race morning at 6AM and will end at 8AM (ends at 7:20AM for the Half Marathon). No race day registration will be allowed. Participants must pick up their own packet on race morning.

There is no secure bag check service. An unmanned gear drop area will be available near the registration tent for discarded warm-up clothes and non-essential items. Volunteers will be in the general vicinity, but this area will not be monitored. DO NOT leave valuables, keys, wallets, or electronics in this area. The St. Louis Track Club is not responsible for lost or stolen items.

START:
To avoid a large pack at the start of the race, we will use an open start. The Half Marathon gun start is at 7:30 a.m., with an open start until 7:40 a.m.. This means you may start your Half Marathon race at any time between the 7:30 a.m. gun and 7:40 a.m. The Half Marathon start will close at exactly 7:40 a.m. The 5K gun start is at 8AM and has an open start until 8:10 a.m.. The 5K start will close at exactly 8:10 a.m.

Please note that you will only be eligible for Overall Awards (for both races) if you start with the gun. In other words, while the event is chip timed and all rankings on the results page are based on chip times, Overall Awards are based on “gun time,” or order of finish. Age group awards are based on chip times.

EARLY STARTS & CUTOFFS:
We do not advertise or enforce a standard race cutoff time. We encourage runners and walkers of all abilities, speeds, and experiences to participate. Understand that by around 11 a.m., we must reopen streets and the closed park entrances. If you are out late, you will need to go to sidewalks and obey traffic control devices when the streets and entrances reopen. We will keep the finish line open until everyone on the course finishes.

To ensure that walkers and slower runners have extra time to finish before the park reopens, we encourage participants who expect to have an average pace of 14:00/mile or slower to start early at 7 a.m. You do not need further permission to start early. Just be around 14:00/mile or slower and be onsite and ready to go, at the finish line, by 6:55 am. Unlike the regular “Gun

Start," early starters do not have an "Open Start" window. Early starters must check in with the starter and start only when told to do so by the starter. We will not be able to guarantee your accurate time/place if you start after the 7:00 am early start but before the 7:30 am "Gun Start."

COURSE:
Both courses will be marked with cones, barricades, and signs. Subject to availability, we will have volunteers at course intersections. However, you as the participant have the ultimate responsibility for knowing, and staying on, the course.

Routes can be downloaded here:
Half Marathon: https://www.plotaroute.com/route/3435428
5K: https://www.plotaroute.com/route/3435502

There will be timing mats placed at various points on the course. Please make sure that you wear your race bib in a clearly visible place on your front, and that you and your bib cross over each timing mat placed on the course. The timing mats will be easily identifiable by sight. Any racer who fails to cross every timing mat is subject to immediate disqualification.

There will be traffic on both courses. There will be golfers and Park institution employees driving within the Park. Please exercise caution and always be aware of your surroundings, especially at intersections. The use of earphones or in-ear buds is not recommended.

There will be at least 5 water station stops along the course for the Half Marathon (intersection of Faulkner & Clayton by Jefferson Lake and Grand Drive behind the Missouri History Museum). The 5K has one water station (Faulker). See course details and maps for more information. Water and Gatorade will be available at all aid stations.

RESTROOMS:
We will have porta potties at the Start/Finish area, as well as near the Jefferson Lake aid station. There are often other restrooms and portable toilets along the route, especially in Forest Park, but we cannot guarantee their accessibility.

RESULTS & AWARDS:
Results will be posted here: https://results.raceroster.com/v3/events/ctd33s7etusx5rjv

Cash prizes will be awarded to the top three overall female and male Half Marathon finishers ($500, $250, $100). *Please note: Only runners who use the official gun start are eligible for overall awards.* Female and male age group awards (1st, 2nd, 3rd) will be given for the Half Marathon (based on chip time). Age groups are: 19 & under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+. Overall female and male awards (1st, 2nd, 3rd) will be given for the 5K.

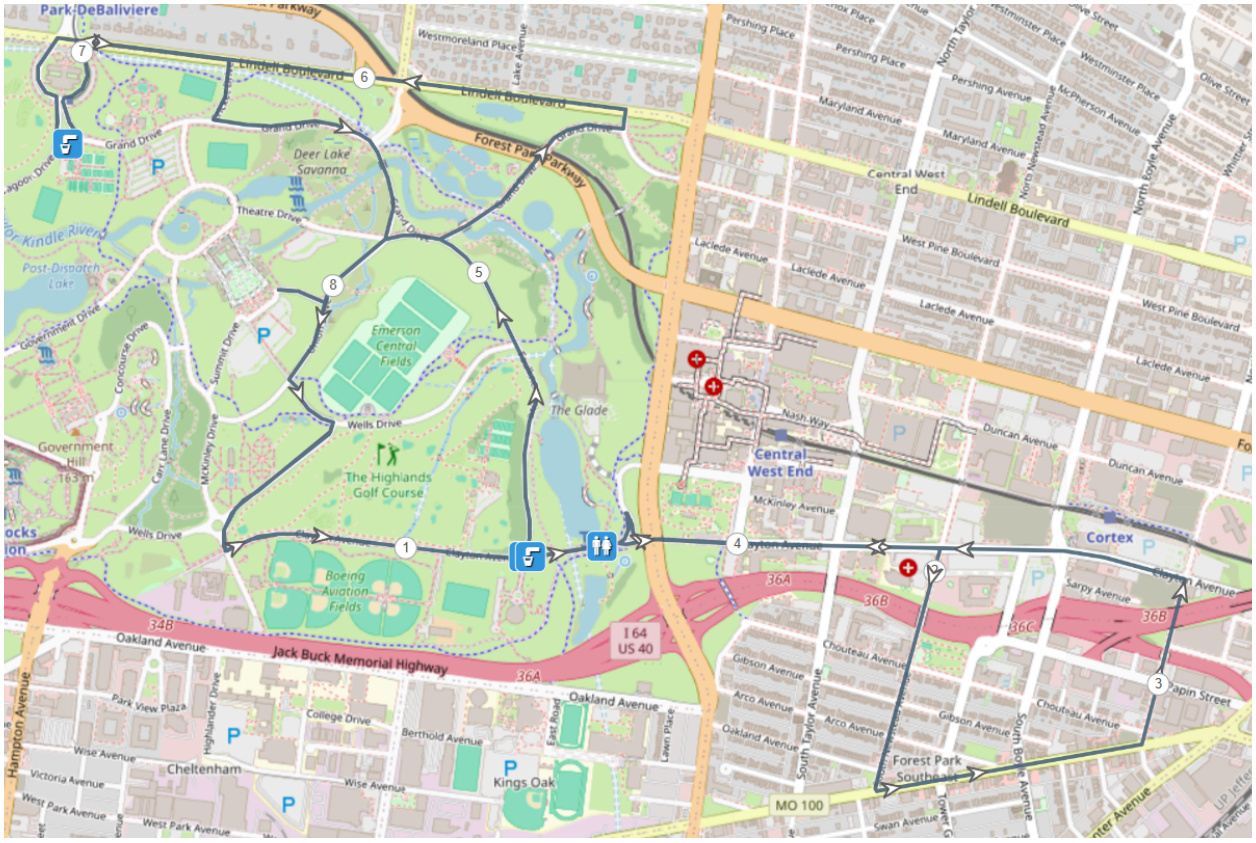
Awards for the Half Marathon Overall male and female finishers will be handed out at approximately 9:15am (1:45 after the gun start time). Overall top three male and female

finishers for the 5K, and all top age group finishers for the Half Marathon, may pick up their awards shortly after the top three for each category/age group have finished and our timing company has verified the results.

For the Half Marathon, the Overall finishers (top three overall male and female finishers) are not also eligible for awards in his or her age group. In other words, each participant is eligible for only one award. There are no age group awards for the 5K, but awards will be given to the overall top three male and top three female finishers.

WEATHER:
The race will be held rain or shine. Please dress accordingly. Only in the event of very extreme weather will the race be canceled.

EMERGENCIES:
Understand that while our staff and volunteers are here to help, they are not medical personnel. While there is a basic first aid kit at each water station, if you experience a true emergency, please call 911. There will also be Park Rangers patrolling the Park and we will have an ambulance at the start/finish line. Please note that this race, the course route, the course length, and the start time may be altered by the Race Director or Park Rangers at any time, due to weather, emergencies, or other unforeseen circumstances. Any changes to the race will be communicated as soon as possible.



2026 Saint Louis Track Club Half Marathon Course Details

The course starts and finishes in the Upper Muny lot in Forest Park. It consists of two “loops”. The first loop is approximately 8.1 miles, and the second loop is an abbreviated version of the first, covering the remaining 5 miles. The Half Marathon starts at 7:30 a.m.

Please Note: The official course maps provided are your primary source for navigation. The detailed directions below are for reference only. You are responsible for knowing the course.

First loop (miles 1-8.1): Exit the Muny on Summit Drive and turn right on Union Drive. Take the first left on to Macklind Drive (.24M), and then right onto Wells Drive (.59M). At the traffic circle, turn left and take the first left onto Clayton Ave (.63M). At approximately 1.2 miles is a water station.

After the water station, remain on Clayton until the 1.95 mile mark and turn right on S. Newstead Ave (the road immediately past Shriners Hospital). Stay on Newstead for approximately .5 mile and turn left onto Manchester Ave (MO 100). Stay on Manchester for approximately .5 mile and turn left onto South Sarah Street. Stay on South Sarah for approximately .3 miles and turn left onto Clayton Ave. Remain on Clayton back into the park.

At Approximately 4.16 miles, take a right onto Hospital Drive until the turnaround approximately .1 miles in. Continue back and take a right onto Clayton Ave.

At approximately 4.4 miles, take a right onto Faulkner Drive (the water stations). Remain on Faulkner for approximately .63 miles and take a sharp right onto Grand Drive. Stay on Grand for approximately .4 miles and turn left onto West Pine Boulevard, then take a left on Lindell Blvd.

Stay on Lindell for 1 mile. After the Missouri History Museum turn left onto DeBaliviere Ave (6.47M). Take DeBaliviere behind the museum, keeping right onto Lagoon Dr. and going up to Grand, turning left on Grand back toward the museum, turning right back onto DeBaliviere and continuing back toward Lindell Blvd. Take a right on Lindell, and follow it for .3 miles, taking a right on Cricket Drive (7.2M). Then take the first left onto Grand Drive and follow it for .4 miles, keeping right onto Union Drive past Summit Drive (start/finish area, approx. 8 miles).

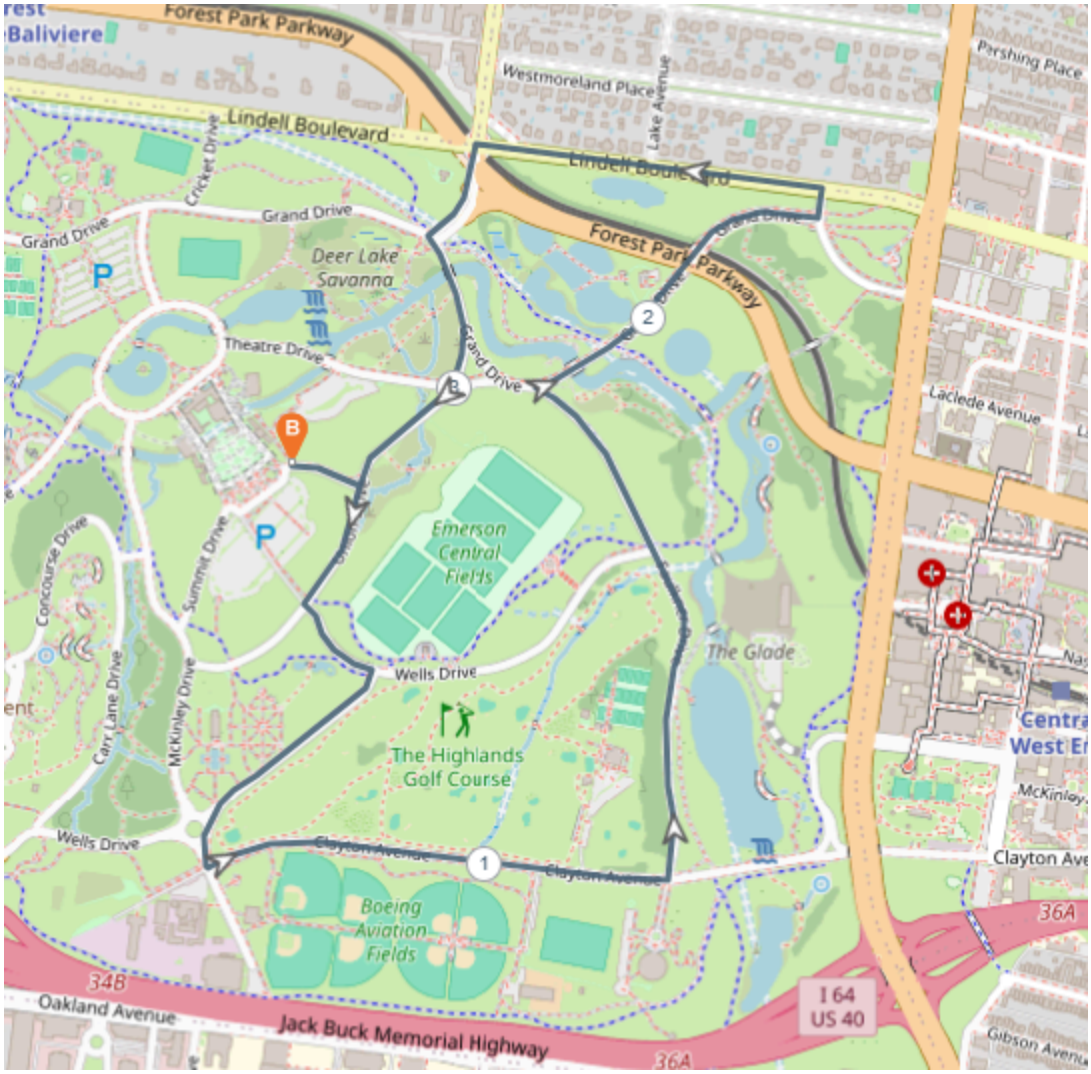
Second Loop (8M-Finish): *Italics mean this part of the course is the same as the first loop.*

Continue on Union (past the Muny) and take the first left on to Macklind Drive, and then right onto Wells Drive. At the traffic circle, turn left and take the first left onto Clayton Ave. The Faulkner water station will be at approximately the 9 mile mark. After the water station, remain on Clayton until 9.4 miles and turn right onto South Newstead Ave. Stay on Newstead for approximately .5 mile and turn left onto Manchester Ave (MO 100). Stay on Manchester for approximately .5 mile and turn left onto South Sarah Street. Stay on South Sarah for approximately .3 miles and turn left onto Clayton Ave. Remain on Clayton back into the park. Take a right onto Hospital Drive until the turnaround approximately .1 miles in. Continue back and take a right onto Clayton Ave.

Take a right onto Faulkner Drive at 12.2 miles (water stations).

Stay on Faulkner for approximately .63 miles and then keep left onto Theatre Drive (12.93 miles), then left again onto Union Drive. Take a right onto Summit Drive up to the Finish.

The Half Marathon course can be downloaded with step by step directions here: https://www.plotaroute.com/route/3435428



2026 Saint Louis Track Club 5K Course Details

Please Note: The official course maps provided are your primary source for navigation. The detailed directions below are for reference only. You are responsible for knowing the course.

Exit the Muny on Summit Drive and turn right on Union Drive. Take the first left on to Macklind Drive, and then right onto Wells Drive. At the traffic circle, turn left and take the first left onto Clayton Ave (.674 miles). Turn left onto Faulkner Drive (1.2 miles). There will be an aid station at the Faulker intersection.

Stay on Faulkner for approximately .63 miles and take a right onto Grand Ave. Stay on Grand for approximately .4 miles and turn left onto West Pine Boulevard. Then take a left on Lindell Blvd.

Stay on Lindell for approximately 0.4 miles and take a left onto Union Blvd (2.28 miles). Then take a left onto Grand Drive. At the intersection around the 3 mile mark, stay straight/left on Union Drive (2.9 miles). Then turn right on Summit Drive to the finish.

The 5K course can be downloaded with step by step directions here:
https://www.plotaroute.com/route/3435502