

Legend

- service roads
- LC mile markers
- Lewis Trail
- Clark Trail



Start

Finish

DOE parking lot

Hwy 94

Hwy D

Lewis and Clark Trailhead parking lot

C 5.0 L 8.0 Mile

C 4.5 L 7.5 Mile

C 4.0 L 7.0 Mile

C 3.5 Mile

C 3.0 Mile

L 3.0 Mile

C/L 2.5 Mile

C/L 2.0 Mile

C/L 1.5 Mile

C/L 1.0 Mile

C/L 0.5 Mile

L 5.5 Mile

L 6.0 Mile

L 5.0 Mile

L 4.0 Mile

L 4.5 Mile

L 3.5 Mile

Dunsmuir

Final

**CORPS OF DISCOVERY TRAIL RACE
HALF MARATHON RESULTS
Sunday, September 8, 2013**

Place	Hmar	Pace	No.	Lname	Fname	Sex	Category
1	1:35:54	7:20	123	DIRNBECK	MATT	M	OPEN
2	1:42:06	7:48	168	RAGUET- SCHOFIELD	ROB	M	OPEN
3	1:46:19	8:07	173	SCHMIDT	HEIDI	F	MASTERS
4	1:48:59	8:20	176	SELZLER	MAUREEN	F	OPEN
5	1:52:55	8:38	129	FUERST	ROBERT	M	MASTERS
6	1:53:12	8:39	145	HICKS	STEVE	M	MASTERS
7	1:55:43	8:50	126	DURBIN	CURTIS	M	OPEN
8	1:57:02	8:57	141	GUYER	JOHN	M	MASTERS
9	1:57:18	8:58	177	SPETNAGEL	DAVID	M	MASTERS
10	1:59:09	9:06	127	ECKLEY	BETH	F	OPEN
11	1:59:51	9:09	181	SWOBODA	JEMAL	M	OPEN
12	1:59:52	9:10	146	HULLIUNG	MATT	M	MASTERS
13	2:00:57	9:14	179	STRIEKER	DAN	M	MASTERS
14	2:01:29	9:17	104	BACA	JAMES	M	MASTERS
15	2:03:58	9:28	165	ORESCANIN	MISO	M	MASTERS
16	2:05:13	9:34	107	BRAUSS	JASON	M	OPEN
17	2:05:42	9:36	190	KWARTA	NATHAN	M	OPEN
18	2:07:34	9:45	153	KROPP	CHUCK	M	MASTERS
19	2:10:18	9:57	133	GEEAR	JEFF	M	MASTERS
20	2:10:48	10:00	113	CHITWOOD	BOB	M	MASTERS
21	2:11:17	10:02	138	GRENCH	DAWN	F	MASTERS
22	2:12:22	10:07	101	ANDERSON	DAVID	M	MASTERS
23	2:12:51	10:09	185	WHITESIDE	NICK	M	MASTERS
24	2:12:51	10:09	128	FLORIDA	JEFFREY	M	MASTERS
25	2:13:23	10:11	157	LOHR	JERRY	M	MASTERS
26	2:14:00	10:14	186	WILLIAMS- MROTEK	CHRISTINE	F	MASTERS
27	2:17:17	10:29	112	CHERRY	MICHELE	F	MASTERS
28	2:17:31	10:30	180	SULLIVAN	CHRISTOPHER	M	OPEN
29	2:21:29	10:49	148	JONES	ANNA	F	MASTERS
30	2:22:11	10:52	162	MOORE	SHAWN	M	OPEN
31	2:22:56	10:55	154	LEWIS	ALAN	M	MASTERS
32	2:23:37	10:58	105	BEERS	AL	M	MASTERS
33	2:27:16	11:15	158	MATZ	PAUL	M	MASTERS

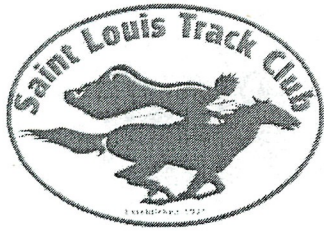


34	2:30:58	11:32	150	KESSELRING	JASON	M	OPEN
35	2:31:06	11:33	114	CHRISTY	JULIE	F	OPEN
36	2:33:34	11:44	187	WORTHING	MARIA	F	MASTERS
37	2:36:14	11:56	163	MORGAN- CHILCOAT	NOELLE	F	MASTERS
38	2:36:46	11:59	143	HENDRY	DANA	F	OPEN
39	2:36:59	12:00	172	SAITO	JACQUELINE	F	MASTERS
40	2:37:48	12:03	144	HENDRY	ED	M	OPEN
41	2:38:21	12:06	178	SQUIRES	CRYSTAL	F	OPEN
42	2:39:20	12:10	156	LISZEWSKI	ANDREA	F	MASTERS
43	2:39:21	12:10	106	BOLT	JEREMY	M	MASTERS
44	2:43:11	12:28	119	DARMSTEADTER	MELANIE	F	OPEN
45	2:43:12	12:28	120	DAY	DARIN	M	OPEN
46	2:43:22	12:29	161	MCNAUGHTON	DAVE	M	MASTERS
47	2:44:55	12:36	134	GIACALONE	DIANA	F	MASTERS
48	2:48:59	12:54	135	GIBSON	DAVID	M	MASTERS
49	2:52:04	13:09	111	CARPENTER	JOHN	M	MASTERS
50	2:55:03	13:22	160	MCMAHAN	KENNY	M	MASTERS

**CORPS OF DISCOVERY TRAIL RACE
HALF MARATHON RESULTS
Sunday, September 8, 2013**

Place	Hmar	Pace	No.	Lname	Fname	Sex	Category
51	2:57:28	13:33	124	DONAHUE	DAN	M	MASTERS
52	2:57:57	13:36	166	SCHOTT	MAURE	F	MASTERS
53	3:00:36	13:48	189	CHAUVIN	MICHELLE	F	MASTERS
54	3:01:56	13:54	191	LANE	CHAD	M	MASTERS
55	3:02:15	13:55	116	COLEMAN	ANNE	F	OPEN
56	3:08:35	14:24	192	MC CARTHY	DENIS	M	MASTERS
57	3:09:34	14:29	108	BROWN	TIM	M	OPEN
58	3:12:56	14:44	136	GOLAN	DORIT	F	MASTERS
59	3:15:32	14:56	117	COX	CHRIS	M	MASTERS





Weldon Spring, Mo Sept. 8, 2013

Half Marathon & 5 Mile Races

Meriwether and William: Running St Louis since 1804

- The St Louis Track Club Corps of Discovery Trail Race will be held on Sunday, September 8, 2013 at 8AM. The course will cover approximately 13.1 miles on the Lewis & Clark trails in the Weldon Spring Conservation Area off Hwy 94.
- **JUST ADDED!** 5 Mile race will begin at approximately 8:20AM after the half marathon waves!
- Participants will begin the race in waves of 10 that leave every two minutes. All half participants must be through the 8-mile aid station within 2.5 hours after the last wave leaves or they will be pulled from the course. The event time limit is 4 hours for the half and 2 hours for the 5 mile. There will be 7 aid stations on the course for the half and 2 for the 5 mile.
- Packet pickup and parking will be available at the Department of Energy facility at 7293 Hwy 94 on race morning. Shuttles will be provided to take participants, spectators and volunteers to the trail head and back.
- Shirts and post-race refreshments will be provided for all entrants. Handmade awards plus prizes from Salomon and other vendors will be presented to the top three Open and Masters male and female finishers in the half. Award certificates will be presented to the top three male and female Open and Masters finishers in the 5 mile.
- Event proceeds will be donated to the Weldon Spring Conservation Area. For QUESTIONS or to VOLUNTEER please contact office@stlouistrackclub.com. See our website for complete race details!

Registration is limited to the 1st 100 entrants!

REGISTER NOW!

<https://stlouistrackclub.webconnex.com/discoverytrailrace>

**CORPS OF DISCOVERY TRAIL RACE
5 MILE RESULTS
Sunday, September 8, 2013**

Place	5mile	Pace	No.	Lname	Fname	Sex	Category
1	41:01	8:13	140	GROSSMAN	DAVID	M	OPEN
2	42:42	8:33	183	VAN RHEIN	TIMOTHY	M	MASTERS
3	43:33	8:43	175	SCOTT	ADAM	M	OPEN
4	46:00	9:12	109	BRUNNORTH	DANIELLE	F	MASTERS
5	46:48	9:22	130	FUSELIER	ERIN	F	OPEN
6	47:56	9:36	147	IRVING	JUSTIN	M	OPEN
7	47:57	9:36	139	GROSS	TOM	M	MASTERS
8	48:04	9:37	174	SCHWARZ	RUDY	M	MASTERS
9	49:10	9:50	167	PRICE	JOHN	M	MASTERS
10	49:42	9:57	155	LINDGREN	CRAIG	M	MASTERS
11	50:01	10:01	182	TUCHEK	ANN	F	MASTERS
12	52:33	10:31	151	KONCKI	CHRIS	M	MASTERS
13	58:50	11:46	184	WHITE	LISA	F	MASTERS
14	59:10	11:50	159	MCCREARY	STEPHANIE	F	MASTERS
15	1:10:15	14:03	102	ARAUJO	JENNIFER	F	OPEN
16	1:12:43	14:33	131	GADDIE	SARAH	F	OPEN
17	1:29:00	17:48	121	DEAN	CARRIE	F	MASTERS

COD Volunteer Roster - 9/8/2013

No.	Name	Phone	Email	Station/Location	T-Shirt	Notes
	Registration/Start Finish Area					
1	Jen Mommens		jen.mommens@stlouistrackclub.com	Start/Finish		
2	Jackie Corn	314-781-7524	jicorn@sbcglobal.net	Registration and Timing	S	
3	Dickson Dunswoth		Dickson@missionspecialty.com	Early Set Up /Registraion	M	Has to leave by 11:30
4	John Fenley		john.r.fenley@gmail.com	Early Set Up	M	Has to leave in early AM
5	Margie Martins		runman@charter.net	Registration and Timing	M	
6	Ryan Yoch	618.420.8363	ryan.yoch@gmail.com	Start/Finish	M	
7	Joe Arens	314 324-9434	jmarens@yahoo.com	ATV		
8	Ron Golan		rgolan11@gmail.com	Set Up		Wife is running 1/2.
9	Mike Orrico		orrico3@gmail.com	Head MF In Charge		
	Van Drivers					
10	Josh Aranda		aranda1108@gmail.com	Van Driver	M	
11	Matt Gibbs		matt@jeofficecity.com	Van Driver	XL	

	Parking Lot Flagger						
12	David James		cryptic68realm@gmail.com	Flagger at Parking Lot	?		
	Sweeper/Marshal						
13	Sean Gannon		sean@seangannon.com	Sweeper	M		
14	Chad Silker		csilker@gmail.com	Sweeper	L		
15	John Brett		john.brett@wwt.com	Marshal/Sweeper	M		
	Aid Station #1 (Mile 2) Hit Twice						
16	Mike Huelsmann		mikehuelsmann@gmail.com	Aid Station #1 (Hit Twice)	M		
17	Ben Gillers (SLUG)		bgillers@gmail.com	Aid Station #1 (Hit Twice)	L		
18	Pam Hagin		pamruesink@gmail.com	Aid Station #1 (Hit Twice)	S		
	Aid Station #2 (Mile 3.5) Hit Once						
19	Madeline O.		madelineo512@gmail.com	Aid Station #2 (Hit Once)	S		
20	Laura Aranda		See above	Aid Station #2 (Hit Once)	S		

	Aid Station #3 (Mile 5.75) Hit Once						
21	Cindy Turner Kid 1		turnercvu@yahoo.com	Aid Station #3 Start/Finish			Cindy's two kids are helping.
22	Cindy Turner Kid 2						
	Aid Station #4 (Mile 6.5) Hit Twice						
23	Randy Hill		rmh1812@me.com	Aid Station #4 (Hit Twice)		XL	
24	Lee Dougherty	618.235.6502	leedoug@yahoo.com	Aid Station #4 (Hit Twice)		M	
25	Wendle Cummings		wendle.commings@stlouistrackclub.com	Aid Station #4 (Hit Twice)		Extra S	
	Aid Station #5 (Start & Finish)						
26	Jon Yoch		jtloch@gmail.com	Aid Station #5 Start/Finish		M	
27	Alisha Abbott- Yoch		same as above	Aid Station #5 Start/Finish		M	



MISSOURI DEPARTMENT OF CONSERVATION

SPECIAL USE PERMIT & CONDITIONS

Permittee Name: St Louis Track Club
Conservation Area: Weldon Spring - Lewis & Clark Trails
Date of Activity: 9/8/13

**ALL SPECIAL USE PERMITS ARE SUBJECT TO STATEWIDE CONDITIONS 1 -11.
ADDITIONAL CONDITIONS ARE AREA/PROPERTY-SPECIFIC.**

The Conservation Area or property selected as the site for your Special Event is shared by many different groups. A Special Use Permit ("SUP") is not an exclusive reservation. Other concurrent uses may be occurring on the area. Mutual respect is crucial. Please be considerate. Before leaving the Area please examine the site to assure that: (1) human and animal sanitation issues have been properly addressed, and (2) all trash and litter have been removed. Since the Conservation Area belongs to all citizens, please return the site to pre-event condition prior to leaving.

1. Special Use Permits are required for: (1) more than ten (10) people for camping, horseback riding, bicycling, and use of shooting ranges; (2) individuals with mobility impairment who wish to operate Electric Personal Assistive Mobility Devices (EPAMDs) on Department property other than offices, or roads and parking areas open to vehicular traffic; and (3) other group or special activities at the discretion of the area manager.
2. Individuals with mobility impairment applying for an SUP must also submit a dated and signed physician's statement on letterhead or letterhead prescription pad (not a generic blank prescription pad) reflecting that the individual has a permanent or temporary disability that requires use of an EPAMD for mobility and specifying the anticipated duration of disability. Any physician charges for the letter/prescription described above are at the applicant's expense. An SUP for individuals with mobility impairment may be issued for a specific duration of time up to a maximum of one year. Upon the expiration of an SUP, an individual with mobility impairment may apply for a new SUP.
3. This permit is non-transferable.
4. Permittee is responsible for sharing the terms of this Special Use Permit with all participants of the permitted activity, and accepts responsibility for monitoring compliance with this Permit.
5. Violation of any of the permit conditions or safety rules (e.g., EPAMD) is cause for revocation of current permit and denial of future permits.
6. If weather or other conditions and circumstances warrant, MDC reserves the right to modify or cancel the permit.
7. After contacting emergency services, promptly notify the area manager or the designated representative of any serious accident, death, or damage that occurs on MDC areas and property.

Missouri Department of Conservation
SPECIAL USE PERMIT & CONDITIONS

Permittee Name: St Louis Track Club
Conservation Area: Weldon Spring - Lewis & Clark Trails
Date of Activity: 9/6/13

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8. MDC areas and property may be used only for the purposes designated in this Permit. Care shall be taken to avoid damage to the conservation area and property. No one participating in or observing an activity may cut any vegetation, open any gates, cut or damage any cables or fences, start any fire in a non-designated area, post any signs, or construct any structure without the written permission of the area manager. The permittee shall be held personally responsible for any costs MDC incurs repairing or replacing infrastructure and grass, food plots, or other vegetation, or for injury to persons, if damaged or caused by the permittee(s).
9. Permittee may be required to provide portable toilets or other means for disposal of human waste approved by the area manager.
10. Vehicle use is restricted to graveled and paved roads and established parking areas, unless otherwise posted. Emergency vehicles or other specific vehicles may be authorized special access by an MDC representative.
11. Permittee agrees that the Missouri Department of Conservation, its employees and agents shall not be held liable for any claim whatsoever for damage to equipment, property or injury to persons which arise out of or in connection with any activity conducted or undertaken pursuant to this Permit.

Area Manager provides (below) activity or area/property-specific conditions, duration, and additional safety rules for EPAMD use, if applicable.

-
- 12 Only ribbons or trophies may be awarded as prizes. No cash or items of significant value may be awarded.
 - 13 Participants must stay on designated trails or in the areas designated on the attached map.
 - 14 Parking for participants and spectators is limited to 15 vehicles in the lot designated on the attached map.
 - 15 The maximum number of participants and spectators that are allowed is 100.
 - 16 Management of spectators will be the responsibility of the permittee, based upon plans approved in advance by the area manager.
 - 17 Permittee will be allowed to access the area with vehicles and UTV's to provide aide stations along the trail.
 - 18 Permittee shall provide a Certificate of Liability Insurance to cover an occurrence on state land as a result of the activity. The liability should match that of the state's legal expense fund as listed in the state statute on Sovereign Immunity. Currently this coverage shall be \$2,657,587 for all claims arising out of a single accident or occurrence and \$398,638 for any one person in a single accident or occurrence.
 - 19 Permittee shall be required to inform all staff assisting with the race and all racers that the Lewis and Clark Trail will remain open to the public during the race and that American Trail Running Association (ATRA) trail rules should be followed during the race.

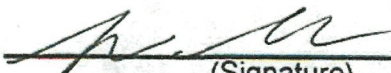
Missouri Department of Conservation
SPECIAL USE PERMIT & CONDITIONS

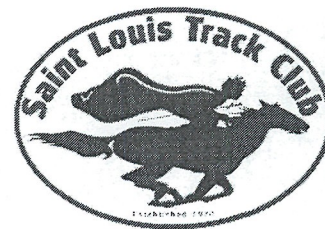
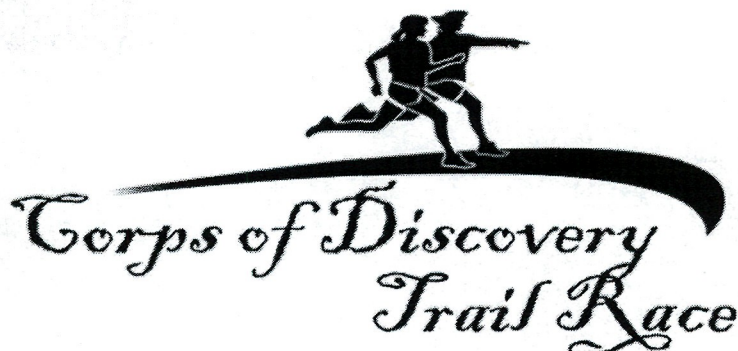
Permittee Name: St Louis Track Club
Conservation Area: Weldon Spring - Lewis Clark Trails
Date of Activity: 9/8/13
Page 3 of 3 pages


(Signature of Department Authority)

8-7-13
(Date)

Note: Approval is not final until Permittee signs below and returns one copy (and fee, deposit and/or satisfactory physician statement, if applicable) to the Area Manager and a Department Authority approves SUP Application and signs it.

I,  (the Permittee) accept and agree to the conditions of this Special Use Permit as specified above on this date. 8/6/13



Weldon Spring, Mo Sept. 8, 2013

Half Marathon & 5 Mile Races

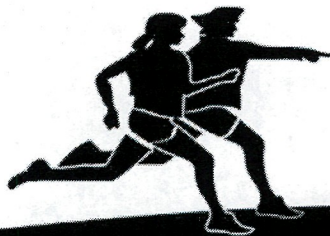
Meriwether and William: Running St Louis since 1804

- The St Louis Track Club Corps of Discovery Trail Race will be held on Sunday, September 8, 2013 at 8AM. The course will cover approximately 13.1 miles on the Lewis & Clark trails in the Weldon Spring Conservation Area off Hwy 94.
- JUST ADDED! 5 Mile race will begin at approximately 8:20AM after the half marathon waves!
- Participants will begin the race in waves of 10 that leave every two minutes. All half participants must be through the 8-mile aid station within 2.5 hours after the last wave leaves or they will be pulled from the course. The event time limit is 4 hours for the half and 2 hours for the 5 mile. There will be 7 aid stations on the course for the half and 2 for the 5 mile.
- Packet pickup and parking will be available at the Department of Energy facility at 7293 Hwy 94 on race morning. Shuttles will be provided to take participants, spectators and volunteers to the trail head and back.
- Shirts and post-race refreshments will be provided for all entrants. Handmade awards plus prizes from Salomon and other vendors will be presented to the top three Open and Masters male and female finishers in the half. Award certificates will be presented to the top three male and female Open and Masters finishers in the 5 mile.
- Event proceeds will be donated to the Weldon Spring Conservation Area. For QUESTIONS or to VOLUNTEER please contact office@stlouistrackclub.com. See our website for complete race details!

Registration is limited to the 1st 100 entrants!

REGISTER NOW!

<https://stlouistrackclub.webconnex.com/discoverytrailrace>



Corps of Discovery Trail Race

Weldon Spring, Mo Sept. 8, 2013

Meriwether and William: Running St Louis since 1804



- ⊕ The St Louis Track Club Corps of Discovery Trail Race will be held on Sunday, September 8, 2013 at 8AM. The course will cover approximately 13.1 miles on the Lewis & Clark trails in the Weldon Spring Conservation Area off Hwy 94.
- ⊕ Participants will begin the race in waves of 10 that leave every two minutes. All participants must be through the 8-mile aid station within 2.5 hours after the last wave leaves or they will be pulled from the course. The event time limit is a strict 4 hours. There will be 7 aid stations on the course.
- ⊕ Packet pickup and parking will be available at the Department of Energy facility at 7293 Hwy 94 on race morning. Shuttles will be provided to take participants, spectators and volunteers to the trail head and back.
- ⊕ Shirts and post-race refreshments will be provided for all entrants. Handmade awards plus prizes from Solomon and other vendors will be presented to the top three Open and Masters male and female finishers.
- ⊕ Event proceeds will be donated to the Weldon Spring Conservation Area. For QUESTIONS or to VOLUNTEER please contact office@stlouistrackclub.com. See our website for complete race details!

Registration is limited to the 1st 100 entrants!

REGISTER NOW!

<https://stlouistrackclub.webconnex.com/discoverytrailrace>

Meriwether and William: Running St Louis since 1804

The St Louis Track Club Corps of Discovery Trail Race will be held beginning at 8am on Sunday, Sept. 8, 2013, on the Lewis and Clark Trails. Entry is limited to the first 100 registrants.

COURSE: The course will cover approximately 13.1 miles and begins from the Lewis & Clark trail head in the Weldon Spring Conservation Area off Hwy 94. Participants will first run the 8-mile Lewis trail and then the 5-mile Clark trail. The course will travel counter clockwise and will not be closed to outside use. There will be markings along the course and a volunteer where the trails split.

AID: All participants are encouraged to carry water with them. Aid stations will be 2.5 miles apart at most. Aid stations will be located near the following mile markers: 2 (water and sport drink), 3.5 (water only), 5.75 (unmanned, self-serve, water only), 6.5 (water and sport drink), 8 (water, sport drink, snacks and porta potties as runners pass through the trail head to begin the second loop), 10 (water and sport drink), 11.5 (water and sport drink). Please dispose of trash in the provided receptacles. We must leave the trail in the same or better condition as we found it. Basic first aid will be available at all manned aid stations. There will be an ambulance and porta potties at the trail head. Snacks will also be available after the race.

WAVES AND CUTOFFS: Participants will begin the race in waves of 10 that leave every two minutes. The first wave begins at 8am. Waves will be assigned based on your road half marathon time. Please provide us with an accurate time to help reduce congestion on the trail. Changing waves is not permitted. Times will not be adjusted for missed wave starts. Please allow plenty of time to get to the start line. All participants must be through the 8-mile aid station within 2.5 hours after the last wave leaves or they will be pulled from the course. The event time limit is a strict 4 hours.

RULES: Packet pickup and parking will be available at the Department of Energy facility at 7293 Hwy 94 on race morning. DO NOT park at the trail head. Shuttles will be provided to take participants, spectators and volunteers to the trail head and back. Highway 94 is very busy, so, for everyone's safety, please utilize the provided shuttles. Final instructions and wave assignments will be emailed to participants before race day. Participants are expected to follow the American Trail Running Association [Rules on the Run](#).

SWAG: Shirts will be provided for all entrants. Handmade awards plus prizes will be presented to the top three Open and Masters male and female finishers.

GIVING BACK: Event proceeds will be donated to the Weldon Spring Conservation Area. As such, no refunds or bib transfers will be permitted. To VOLUNTEER please contact office@stlouistrackclub.com. Volunteers are needed for aid stations, parking and packet pickup.

Registration ● Corps of Discovery Trail Race - \$45.00

attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic, conditions of the trail, all such risks being known and appreciated by me. I understand that bicycles, baby joggers, animals, and personal music players are not allowed in the race and I will abide by all race rules. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Corps of Discovery Trail Race, the Missouri Department of Conservation, and the Road Runners Club of America, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

I also agree to follow the RULES ON THE RUN:

“Rules on the Run” are principles of trail running etiquette that foster environmentally-sound and socially-responsible trail running. These principles emulate the well-established principles of Leave No Trace, and Rules of the Trail by the IMBA. The American Trail Running Association (ATRA) believes that by educating trail runners to observe “Rules on the Run,” trail runners will be able to enjoy continued access to their favorite trails and trail running competitions.

STAY ON TRAIL

Well-marked trails already exist; they are not made on the day you head out for a run, i.e., making your own off-trail path. There is nothing cool about running off trail, bushwhacking over and under trees, or cutting switchbacks up the side of a hill or mountain. Such running creates new trails, encourages others to follow in your footsteps (creating unmarked “social trails”), and increases the runner’s footprint on the environment. When multiple trails exist, run on the one that is the most worn. Stay off closed trails and obey all posted regulations.

RUN OVER OBSTACLES

Run single file in the middle of a trail, even when laden with a fresh blanket of snow or muddy. Go through puddles and not around them. Running around mud, rocks, or downed tree limbs widens trails, impacts vegetation, and causes further and unnecessary erosion. Use caution when going over obstacles, but challenge yourself by staying in the middle of the trail. If the terrain is exceedingly muddy, refrain from running on the trails so that you don’t create damaging “potholes” in the surface. Moisture is the chief factor that determines how traffic (from any user group) affects a trail. For some soil types, a 100-pound runner can wreak havoc on a trail surface in extremely wet conditions. In dry conditions the same trail might easily withstand a 1,200-pound horse/rider combination. There are many situational factors to consider when making your trail running decision. Trails that have been constructed with rock work, or those with soils that drain quickly, may hold up to wet conditions – even a downpour. But, in general, if the trail is wet enough to become muddy and hold puddles ALL user groups should avoid it until the moisture has drained.

RUN ONLY ON OFFICIALLY DESIGNATED OPEN TRAILS

Respect trail and road closures and avoid trespassing on private land. Get permission first to enter and run on private land. Obtain permits or authorization that may be required for some wilderness areas and managed trail systems. Leave gates as you’ve found them. If you open a gate, be sure to close it behind you. Make sure the trails you run on are officially designated routes, not user created routes. When in doubt, ask the land managing agency or individuals responsible for the area you are using.

RESPECT ANIMALS

Do not disturb or harass wildlife or livestock. Animals scared by your sudden approach may be dangerous. Give them plenty of room to adjust to you. Avoid trails that cross known wildlife havens during sensitive times such as nesting or mating. When passing horses use special care and follow directions from the horseback riders. Running cattle is a serious offense. Consider turning around and going another direction when faced with disturbing large herds of animals, especially in winter when animals are highly stressed already.

DON'T STARTLE OTHER TRAIL USERS

A quick moving trail runner, especially one who seemingly emerges from out of nowhere on an unsuspecting trail user, can be quite alarming. Give a courteous and audible announcement well in advance of your presence and intention to pass hikers on the trail stating something like, "On your left," or "Trail" as you approach the trail users. Keep in mind your announcement doesn't work well for those who are wearing headphones and blasting music. Show respect when passing, by slowing down or stopping if necessary to prevent accidental contact. Be ready to yield to all other trail users (bikers, hikers, horses) even if you have the posted right of way. Uphill runners yield to downhill runners in most situations.

BE FRIENDLY

The next step after not startling someone is letting the person know that they have a friend on the trail. Friendly communication is the key when trail users are yielding to one another. A "Thank you" is fitting when others on the trail yield to you. A courteous, "Hello, how are you?" shows kindness which is particularly welcome.

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Pack out at least as much as you pack in. Gel wrappers with their little torn-off tops, and old water bottles don't have a place on the trail. Consider wearing apparel with pockets that zip or a hydration pack that has a place to secure litter you find on the trail. Learn and use minimum impact techniques to dispose of human waste.

RUN IN SMALL GROUPS

Split larger groups into smaller groups. Larger groups can be very intimidating to hikers and have a greater environmental impact on trails. Most trail systems, parks, and wilderness areas have limits on group size. Familiarize yourself with the controlling policy and honor it.

SAFETY

Know the area you plan to run in and let at least one other person know where you are planning to run and when you expect to return. Run with a buddy if possible. Take a map with you in unfamiliar areas. Be prepared for the weather and conditions prevailing when you start your run and plan for the worst, given the likely duration of your run. Carry plenty of water, electrolyte replacement drink, or snacks for longer runs. Rescue efforts can be treacherous in remote areas. ATRA does not advise the use of headphones or iPods. The wearer typically hears nothing around them to include approaching wildlife, and other humans. The most important safety aspect is to know and respect your limits. Report unusually dangerous, unsafe, or damaging conditions and activities to the proper authorities.

LEAVE WHAT YOU FIND

Leave natural or historic objects as you find them, this includes wildflowers and native grasses. Removing or collecting trail markers is serious vandalism that puts others at risk.

GIVING BACK

Volunteer, support, & encourage others to participate in trail maintenance days.

I agree to the terms above

13.1-Mile Trail Run

or

5-Mile Trail Run

Meriwether and William: Running St Louis since 1804

The St Louis Track Club Corps of Discovery Trail Race will be held beginning at 8am on Sunday, Sept. 8, 2013, on the Lewis and Clark Trails. Entry is limited to the first 100 registrants.

COURSE: The course will cover approximately 13.1 miles and begins from the Lewis & Clark trail head in the Weldon Spring Conservation Area off Hwy 94. Participants will first run the 8-mile Lewis trail and then the 5-mile Clark trail. The course will travel counter clockwise and will not be closed to outside use. There will be markings along the course and a volunteer where the trails split. **JUST ADDED!:** The 5 mile option will cover 1 loop of the Clark trail.

AID: All participants are encouraged to carry water with them. Aid stations will be 2.5 miles apart at most. Aid stations will be located near the following mile markers: 2 (water and sport drink), 3.5 (water only), 5.75 (unmanned, self-serve, water only), 6.5 (water and sport drink), 8 (water, sport drink, snacks and porta potties as runners pass through the trail head to begin the second loop), 10 (water and sport drink), 11.5 (water and sport drink). There will be 2 aid stations on the 5 mile course. Please dispose of trash in the provided receptacles. We must leave the trail in the same or better condition as we found it. Basic first aid will be available at all manned aid stations. There will be an ambulance and porta potties at the trail head. Snacks will also be available after the race.

WAVES AND CUTOFFS: Participants will begin the race in waves of 10 that leave every two minutes. The first wave begins at 8am. The 5 mile race will begin immediately after the half waves depart, at approximately 8:20AM. Waves will be assigned based on your road half marathon time. Please provide us with an accurate time to help reduce congestion on the trail. Changing waves is not permitted. Times will not be adjusted for missed wave starts. Please allow plenty of time to get to the start line. All participants must be through the 8-mile aid station within 2.5 hours after the last wave leaves or they will be pulled from the course. The event time limit is a strict 4 hours for the half and 2 hours for the 5 mile.

RULES: Packet pickup and parking will be available at the Department of Energy facility at 7293 Hwy 94 on race morning. DO NOT park at the trail head. Shuttles will be provided to take participants, spectators and volunteers to the trail head and back. Highway 94 is very busy, so, for everyone's safety,

please utilize the provided shuttles. Final instructions and wave assignments will be emailed to participants before race day. Participants are expected to follow the American Trail Running Association Rules on the Run.

SWAG: Shirts will be provided for all entrants. Handmade awards plus prizes from Salomon (including free shoes for the overall winners!) will be presented to the top three Open and Masters male and female finishers for the half. Award certificates will be presented to the top three Open and Masters male and female finishers for the 5 mile.

GIVING BACK: Event proceeds will be donated to the Weldon Spring Conservation Area. As such, no refunds or bib transfers will be permitted. To VOLUNTEER please contact office@stlouistrackclub.com. Volunteers are needed for aid stations, parking and packet pickup.

Registration Half Marathon - \$45.00

5 Mile - \$35.00

Convenience Fee

Amount \$0.00

Registration Information

First Name *

Last Name *

Address *

City *

State - SELECT -

Zip Code *

Email Address *

Confirm Email *

Phone Number * - -

Gender * - SELECT -

Date of birth Month: Day: Year:

Age on race day *

Shirt size - unisex short sleeve cotton tees * - SELECT -

Provide a recent (or predicted) road half marathon time, regardless of the race you are entering *

Member number (optional, found in your newsletter email)

Terms & Conditions

I agree that my entry is non refundable and non transferable. The event will be held rain or shine. Only in the event of sever weather will the event be canceled and no refunds will be given.

I know that running a trail race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic, conditions of the trail, all such risks being known and appreciated by me. I understand that bicycles, baby joggers, animals, and personal music players are not allowed in the race and I will abide by all race rules. Having read this waiver and knowing these facts and inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Corps of Discovery Trail Race, the Missouri Department of Conservation, and the Road Runners Club of America, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

I also agree to follow the RULES ON THE RUN:

“Rules on the Run” are principles of trail running etiquette that foster environmentally-sound and socially-responsible trail running. These principles emulate the well-established principles of Leave No Trace, and Rules of the Trail by the IMBA. The American Trail Running Association (ATRA) believes that by educating trail runners to observe “Rules on the Run,” trail runners will be able to enjoy continued access to their favorite trails and trail running competitions.

STAY ON TRAIL

Well-marked trails already exist; they are not made on the day you head out for a run, i.e., making your own off-trail path. There is nothing cool about running off trail, bushwhacking over and under trees, or cutting switchbacks up the side of a hill or mountain. Such running creates new trails, encourages others to follow in your footsteps (creating unmarked “social trails”), and increases the runner’s footprint on the environment. When multiple trails exist, run on the one that is the most worn. Stay off closed trails and obey all posted regulations.

RUN OVER OBSTACLES

Run single file in the middle of a trail, even when laden with a fresh blanket of snow or muddy. Go through puddles and not around them. Running around mud, rocks, or downed tree limbs widens trails, impacts vegetation, and causes further and unnecessary erosion. Use caution when going over

obstacles, but challenge yourself by staying in the middle of the trail. If the terrain is exceedingly muddy, refrain from running on the trails so that you don't create damaging "potholes" in the surface. Moisture is the chief factor that determines how traffic (from any user group) affects a trail. For some soil types, a 100-pound runner can wreak havoc on a trail surface in extremely wet conditions. In dry conditions the same trail might easily withstand a 1,200-pound horse/rider combination. There are many situational factors to consider when making your trail running decision. Trails that have been constructed with rock work, or those with soils that drain quickly, may hold up to wet conditions – even a downpour. But, in general, if the trail is wet enough to become muddy and hold puddles ALL user groups should avoid it until the moisture has drained.

RUN ONLY ON OFFICIALLY DESIGNATED OPEN TRAILS

Respect trail and road closures and avoid trespassing on private land. Get permission first to enter and run on private land. Obtain permits or authorization that may be required for some wilderness areas and managed trail systems. Leave gates as you've found them. If you open a gate, be sure to close it behind you. Make sure the trails you run on are officially designated routes, not user created routes. When in doubt, ask the land managing agency or individuals responsible for the area you are using.

RESPECT ANIMALS

Do not disturb or harass wildlife or livestock. Animals scared by your sudden approach may be dangerous. Give them plenty of room to adjust to you. Avoid trails that cross known wildlife havens during sensitive times such as nesting or mating. When passing horses use special care and follow directions from the horseback riders. Running cattle is a serious offense. Consider turning around and going another direction when faced with disturbing large herds of animals, especially in winter when animals are highly stressed already.

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Subtotal \$0.00

Next Step



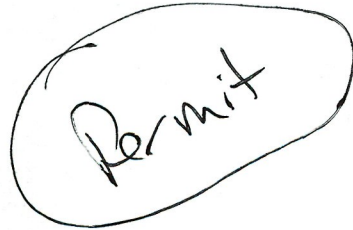
Mike Orrico

Subject: Track Club Open Meeting
Start: Thu 6/6/2013 5:30 PM
End: Thu 6/6/2013 8:00 PM
Recurrence: (none)
Organizer: Mike Orrico



Lewis and Clark
race map.jpg

Hi All,



... Trail Run

W-11.com + Merriweather
Dog - Seaman
Am. Discovery
Sachagawia
Logo!

If you are getting this email it is because we think you could be of value to our planning for the "Unnamed Trail Race" the Track Club is looking to host the weekend of September 7th or 8th. The wheels are already in motion but we would like together as a group to brainstorm and work out more of the finer details. As it currently stands, we will be using the Lewis and Clark Trail and have a permit and the insurance requirements in hand. I have been in contact with both the Weldon Springs Conservation Dept and the DOE and they are both on board and excited to be part of this.

I think the trail sets up nicely for the half marathon distance (8 mile and 5 mile loops) and we can discuss a shorter option as well. We will need to figure out the aid station configuration which may pose the biggest challenge. The DOE is confirming the dates available for use of their parking lot and meeting room with bathrooms for the race. There is a bike race that uses this spot for staging for a race at Lost Valley so it should work out well. We will need to find passenger vans to shuttle to and from the start.

Off the top of my head some topics that need to be discussed:

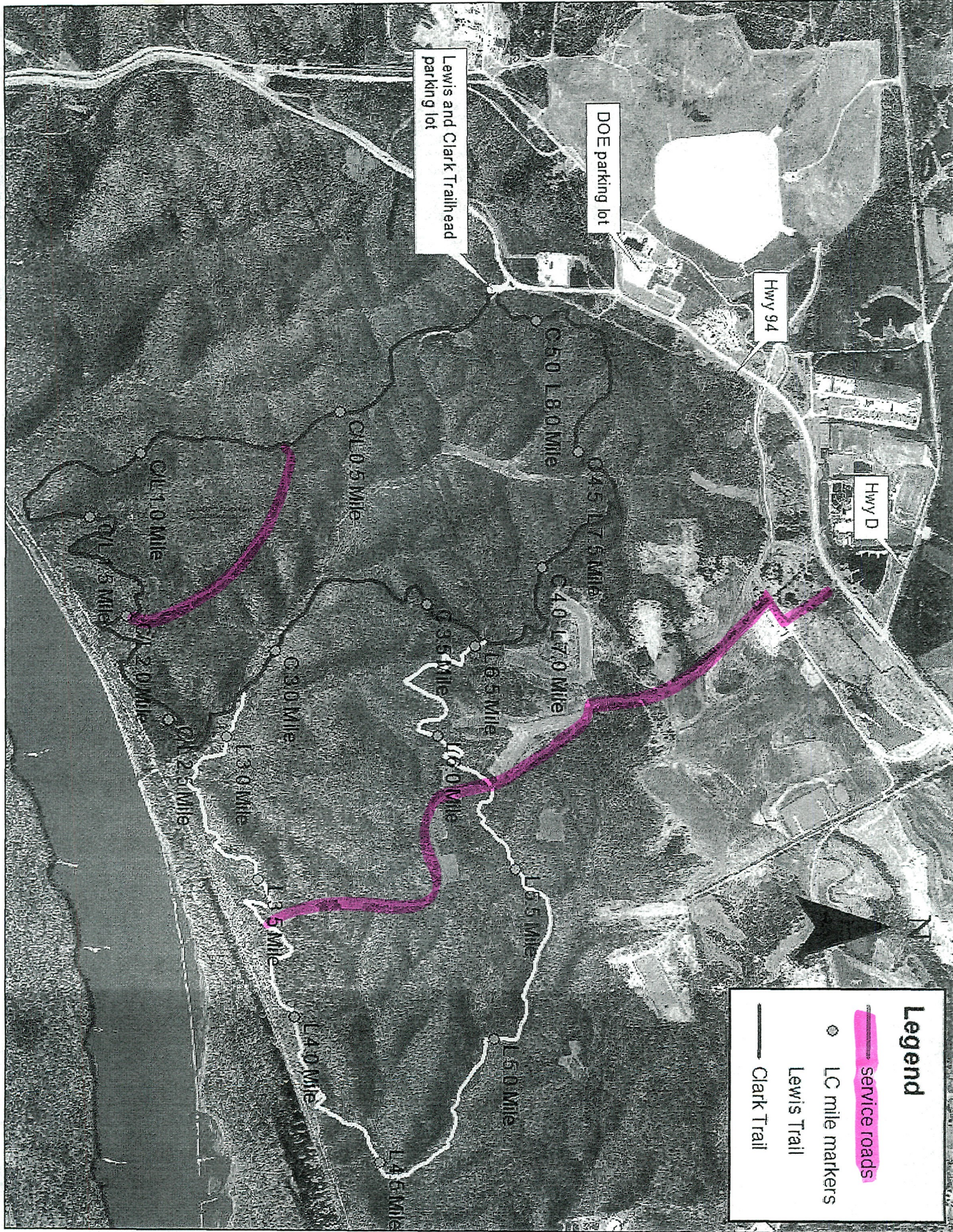
- -Aid stations
- -Course set up
- -Number of participants (we may be limited to 100ish)
- -Budget (no fee for permit or parking/meeting room)
- -Volunteers
- -Awards (shirts/trophies/etc.)
- -Van Rentals
- -Name and Logo!
- -Ambulance – I spoke to Marty at SCCAD mlimpert@sccad.com and he said they could park a unit at the trail head for free. If there is an emergency close by that unit would have to assist but they would then move another unit into it's place. We just need to get him a date, time and contact.
- -Jen mentioned donating a portion of proceeds back to Weldon Springs for trail maintenance at LC or maybe an Adopt a Trail program for the SLTC?
- -Marketing (how to and when do we start marketing the race)

According to Raenhard our contact at Weldon Springs:



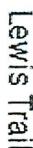

-UTV It would be best to use some type of UTV to access the aid stations. You may try Bobcat of St. Louis, I think they may rent utility vehicles.

-TRAIL MAINTENANCE It is possible to donate to the Missouri Conservation Heritage Foundation, but I do not know all the details about how it works. I will do some checking and let you know. I do know that there is a local bike group (GORC) that occasionally holds workdays to perform trail maintenance and build reroutes on the Lost Valley trail. If you have a group of runners that would be interested we could try to organize a workday on the Lewis and Clark trail. If you would like more details about holding a workday give me a call and we can discuss.

Raenhard Wesselschmidt III
Wildlife Management Biologist
Missouri Department of Conservation
2360 Hwy D
St. Charles, MO 63304
636-300-1953 ext. 4132
Raenhard.Wesselschmidt@mdc.mo.gov



Legend

-  service roads
-  LC mile markers
-  Lewis Trail
-  Clark Trail

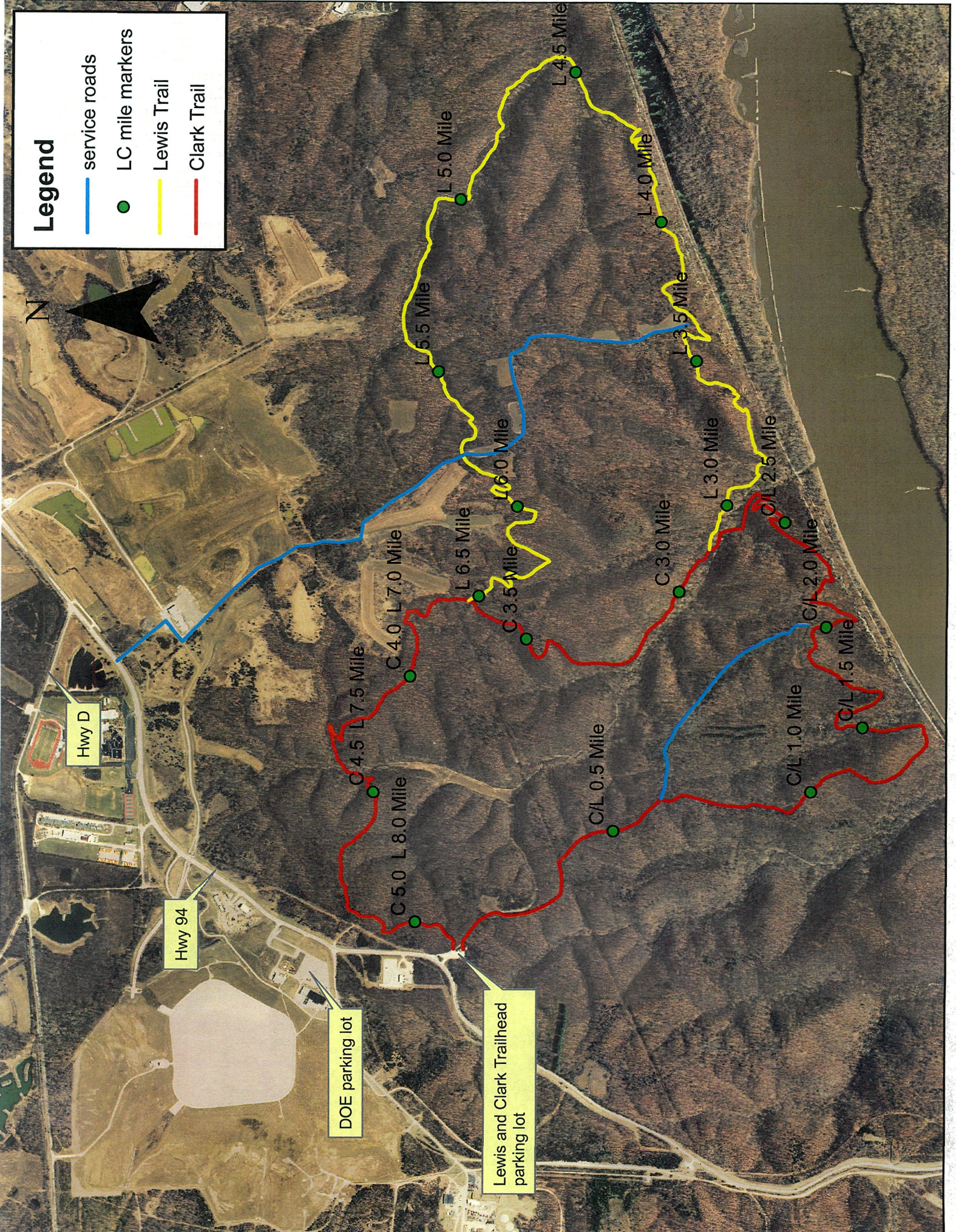
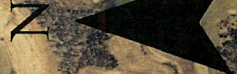
Legend

— service roads

● LC mile markers

— Lewis Trail

— Clark Trail



Hwy D

Hwy 94

DOE parking lot

Lewis and Clark Trailhead parking lot



MISSOURI DEPARTMENT OF CONSERVATION

Official Use only

SPECIAL USE PERMIT APPLICATION

Section A - to be completed by the applicant (Please print):

Name of Permittee Jen Mommens (Individual) Representing St. Louis Track Club (Organization)

Mailing Address 6136 Southwest Ave. St. Louis MO 63139 (Street or Box) (City) (State) (Zip Code)

E-mail Address jen.mommens@stlouistrackclub.com

Daytime Phone Number 314-781-3926 Evening Phone Number

Alternative Contact name and Phone Number Mike 882-3069

Department Area Requested Weldon Spring

Portion of Area and/or Facility Requested Lewis and Clark Trail

Date(s) of Proposed Activity 8/30/15 Time of Proposed Activity 8 am

Number of People 200 Number of Vehicles, Boats, Trailers, Horses, Dogs, etc (Specify for each)

Proposed Activity Half Marathon Run

A separate permit is used for field trials. See Field Trial Special Use Permit policy.

Return completed application to Area Manager or local conservation office.

Statewide Public Use Guidelines

The following guidelines are used by Area Managers to determine if a requested use is appropriate for a specific conservation area (for EPAMD SUPs, see Special Use Permit Policy, Process and Guidelines for Electric Personal Assistive Mobility Device (EPAMD) Use on MDC Areas and Property, Attachment 5):

- 1. Will the activity interfere with or in any way compromise management of the Conservation Areas' fish, forest, wildlife, and natural communities?
2. Will the activity conflict with local ordinances, state constitution, Department regulations, or Federal Aid assistance?
3. Will the activity cause an unacceptable level of damage to resources or facilities?
4. Is the long-term impact of the proposed activity—and the commitment in budget and staffing—fully evaluated and understood?
5. Will the activity conflict with scheduled or seasonal primary public uses?
6. Will the activity require undue accommodation from Department staff, including reservations, special setup, cleanup, or maintenance?
7. Will the activity impede foot, boat, or vehicular traffic flow or restrict access to area locales normally open to the general public?
8. Will the activity pose a threat to public health, safety, and welfare?

Section B – to be completed by the Area Manager

Deposit is required for use of area and/or facilities. Total _____
Deposit Received by _____ Date _____

Permittee required to supply and remove portable restrooms.

The Permittee is authorized to:

Leave horse trailers and other equipment on the premises overnight from _____ until _____ at (location) _____

Use the following Department facilities (include dates and times):

- 1. _____
- 2. _____
- 3. _____

For an EPAMD SUP, a dated and signed physician's statement on letterhead or letterhead prescription pad has been received.

Permit Approved, with attached terms, maps and conditions. Approval is not complete until the applicant signs the permit and returns it, along with any fee or deposit if necessary, to the Area Manager.

Permit Denied. Applicant may appeal the denial by following the attached Reconsideration Process. Reason(s) for Denial (which guidelines would be violated):

PERMIT PROCESS

1. The citizen requesting special use of a conservation area obtains a Special Use Permit Application from the Area Manager or local conservation office, completes Section A, and returns it to the Area Manager or local conservation office.
2. The Area Manager completes Section B of the Special Use Permit Application and returns the completed application, and appropriate attachment(s), to the citizen.
 - a. If the permit request is approved, the Area Manager also sends the applicant two copies of the Special Use Permit & Conditions Form and the Safety Rules for EPAMD Use, if applicable. The applicant is instructed to sign both copies, keeping one for themselves and returning the other, plus any fee or deposit if required, to the Area Manager.
 - b. If the permit request is denied, the Area Manager also sends the applicant a Special Use Permit Reconsideration Form or, for EPAMD denial, provides contact information for a Unit or Division Chief.

Missouri Department of Conservation
SPECIAL USE PERMIT & CONDITIONS

Permittee Name: St. Louis Track Club

Conservation Area: Weldon Spring CA

Date of Activity: 8-30-15

Page 3 of 3 pages

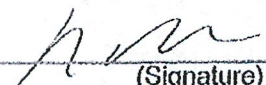
18 Permittee shall provide a Certificate of Liability Insurance to cover an occurrence on state land as a result of the activity. The liability should match that of the state's legal expense fund as listed in the state statute on Sovereign Immunity. Currently this coverage shall be \$2,727,489 for all claims arising out of a single accident or occurrence and \$409,123 for any one person in a single accident or occurrence.

19 Permittee shall be required to inform all staff assisting with the race and all racers that the Lewis and Clark Trail will remain open to the public during the race and that American Trail Running Association (ATRA) trail rules should be followed during the race.


(Signature of Department Authority)

8-12-15
(Date)

Note: Approval is not final until Permittee signs below and returns one copy (and fee, deposit and/or satisfactory physician statement, if applicable) to the Area Manager and a Department Authority approves SUP Application and signs it.

I,  (the Permittee) accept and agree to the conditions of this Special Use Permit as specified above on this date. 7/11/15



MISSOURI CONSERVATION HERITAGE FOUNDATION

Investing In Your Conservation Legacy

WWW.MOCHF.ORG

October 28, 2014

St. Louis Track Club
6136 Southwest Ave
St. Louis, MO 63139

Dear Conservation Partner:

I would like to thank you on behalf of the Missouri Conservation Heritage Foundation for your generous \$800.00 donation which will be used to enhance conservation programs, events and activities at the Busch Memorial Conservation Area.

Thank you also for your interest and support in providing conservation, recreational and educational opportunities to Missouri's citizens and visitors.

To learn more about the programs and activities that your donation supports, please visit our website at www.mochf.org. You may also be interested in signing up for our electronic newsletter at the same website.

Sincerely,

CHRIS VITELLO
EXECUTIVE DIRECTOR

amm

This letter acknowledges that the above 2014 gift has been received as a charitable contribution to the Missouri Conservation Heritage Foundation from which the donor received no material benefit. This contribution is deductible according to IRS Code 501(c)(3); consult your tax advisor for further information.