

**Frostbite Series
Long Series
Race 4—The Half Marathon**

The Fine Arts Triangle to Muny Slingshot

The Frostbite Half Marathon begins at the History Museum triangle on Grand Drive just west of the Visitor Center. Run west on Lagoon Drive and turn around at the Fine Arts triangle to return to the Visitor Center. Continue on Grand Drive to the east side of Forest Park, eventually running onto Jefferson and then Faulkner. Turn west on Clayton Avenue. Take Clayton to McKinley Circle and onto Wells Drive. Go west on Macklind Avenue and then south on Union Drive. Make a left onto Summit Drive.

As you ascend Summit Drive into the Upper Muny Park Lot, make a left at the first turn and follow the first parking aisle to your left. This maneuver is almost a 180-degree turn, but there is sufficient space to make a rounded left turn. Continue following the southern-most lane through the Upper Lot until you intersect Macklind. Make a left on Macklind and exit the Upper Muny Park Lot. Cross Union Drive and make a right onto Wells Drive. Take Wells to McKinley and turn left onto Clayton Avenue. Take Clayton to Faulkner, turn left, and continue until Faulkner turns into Jefferson. Take Jefferson to Grand Drive all the way to the Visitor's Center.

Repeat this loop.

When completing the second loop, take the bike path around the Visitor's Center to the finish line.

Starting Line: The starting line is on Grand Drive at the history museum triangle. Locate light post 5662GR—this is the starting line. Go west as Grand changes to Lagoon.

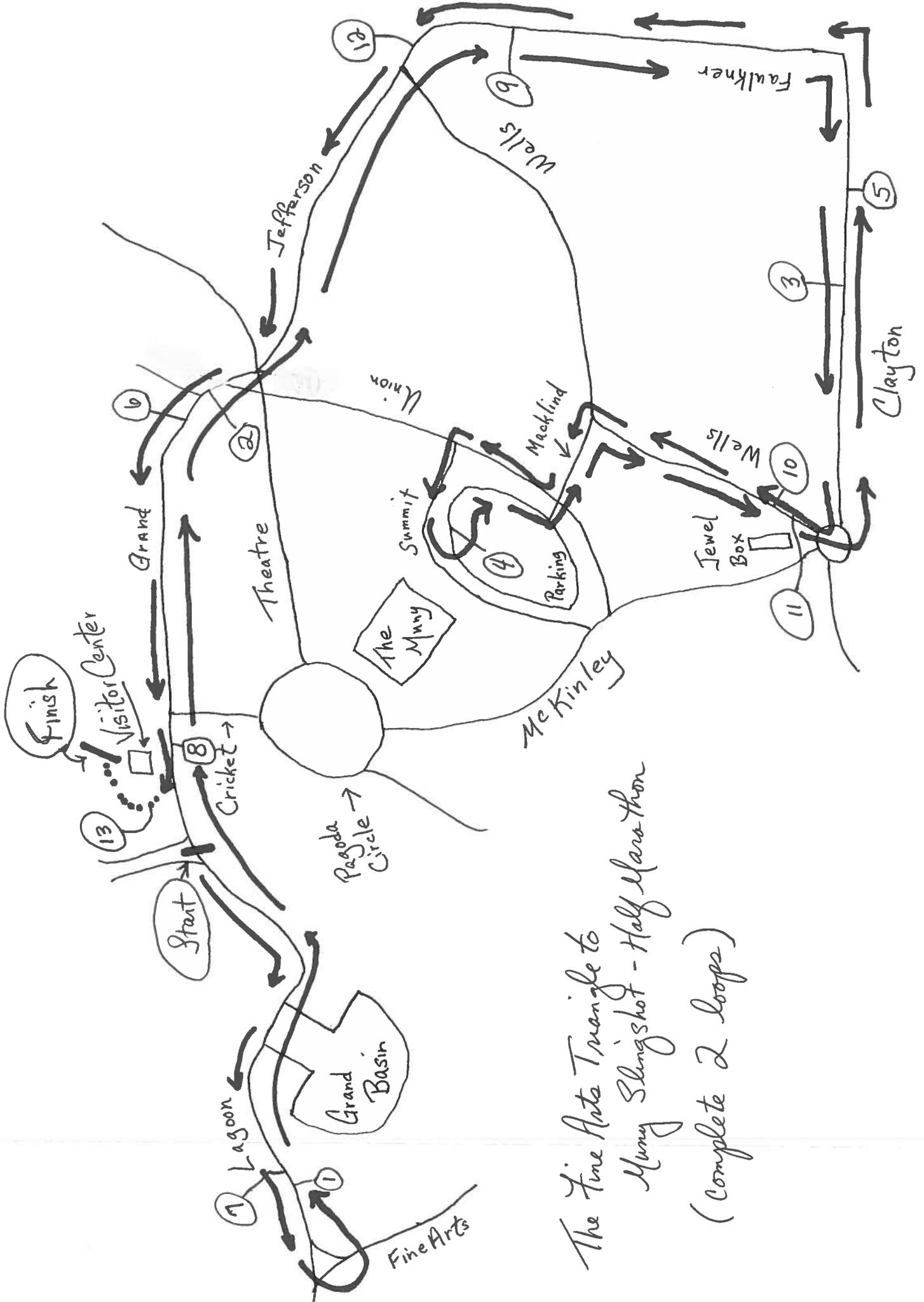
1 Mile: The 1-mile mark is on Lagoon Drive heading east. Locate light post 5861LG. The 1-mile mark is 34 ft. west of this light post.

2 Mile: The 2-mile mark is on Grand Drive west of the Grand/Theatre/Union triangle. Locate light post 5297GR. The 2-mile mark is 66 ft. west of the light post.

3 Mile: Continue on Grand to Jefferson and then onto Faulkner. Make a right on Clayton Avenue. Locate light post 5351CY on Clayton. The 3-mile mark is 52 ft. west of light post 5351CY.

4 Mile: Take Clayton and go right on McKinley and veer right onto Wells. Go left onto Macklind and right onto Union. Make a left onto Summit Drive and enter the Upper Muny Parking Lot. Make a left down the first lane and stay in the southern most section of the parking lot. The 4-mile mark is 24 ft. south of the second light post.

- 5 Mile: The 5-mile mark is west on Clayton Avenue. Locate light post 5207EY, which is just west of the driveway into the Highlands Golf Center. The 5-mile mark is 26 ft. west of the driveway into the Highlands.
- 6 Mile: The 6-mile mark is on Grand Avenue. Locate the second light post west of where Union exits the Park northbound. The second light post is 5353 GR, and the 6-mile mark is 45 ft. east of this light post.
- 7 Mile: Continue on Grand and begin the second loop of the Half. As runners are heading west on Lagoon Drive, locate light post 5947LG. The 7-mile mark is 8 ft. west of this light post.
- 8 Mile: The 8-mile mark is east on Grand. At the Visitor Center, there are two sidewalks coming from the front of the Center. Go the east sidewalk. The 8-mile mark is 7 ft. west of the edge of the brick crosswalk that intersects Grand.
- 9 Mile: The 9-mile mark is on Faulkner. Locate the fifth light post south of the Wells/Faulkner intersection. The 9-mile mark is 10 ft. south of this light post.
- 10 Mile: On Wells, locate light post 5594WE. The 10-mile mark is 6 ft. north of this light post. Note: The sidewalk to the Jewel Box is at this point.
- 11 Mile: Complete the Muny loop. Returning to Wells, locate the third light post north of McKinley Circle on Wells—light post 5654WE. The 11-mile mark is 7 ft. south of this light post.
- 12 Mile: The 12-mile mark is on Faulkner 21 ft. south of the first light post south of the intersection of Jefferson/Wells/Faulkner.
- 13 Mile: On the bike path west of the Visitor's Center, 3 ft. north of the south edge of the Center.
- Finish: Bike path just north of the Visitor's Center at the first light post on the path north of the Center.
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The Fine Arts Triangle to
 Munny Slingshot - Half Marathon
 (complete 2 loops)