

2018 St. Louis Track Club marathon training program

The St. Louis Track Club announces the return of its popular marathon training program in 2018.

Ron Golan (rgolan11@gmail.com) and Bill McCoy (wildbill2553@hotmail.com), each of whom have completed many marathons and ultra-marathons will be 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. Please carry a water bottle.

<u>Date</u>	<u>Site</u>	<u>Miles</u>
06/23/18	Queeney Park – Upper Parking Lot – 2 Loops	8
06/30/18	Trailhead Brewery – Old St. Charles	10
07/07/18	Babler State Park – 2 Outer Loops & 1 Inner Loop	13.5
07/14/18	Creve Coeur Lake Park – Waterfall (Taco Bell Shelter)	11
07/21/18	Center of Clayton – SLTC ½ Marathon Course	13.1
07/28/18	Lone Elk Park – Chubb Trail	15.5
08/04/18	Weldon Springs – Katy Trail	18
08/11/18	Forest Park Visitor's Center – Arch Run	14
08/18/18	Babler State Park – 3 Outer Loops & 1 Inner Loop	18
08/25/18	Collinsville, IL – MCT Old School house trail	16
09/01/18	Chesterfield – Monarch Levy to the Katy trail	14
09/08/18	Forest Park Visitor Center – Inside the Park	20
09/15/18	Grant's Trail (improved) from Kaldi's in Kirkwood	16
09/22/18	Creve Coeur Lake – Taco Bell Shelter to St. Charles	13
09/29/18	Cliff Cave Park	10

10/07/18	Cowbell/Chicago marathon	26.2

Other summer/fall races you may like:

07/14/18	Get Your Butt Kicked at Route 66 (6 hours)
08/26/18	Corps of Discovery Trail Half marathon & 5 miler
09/02/18	Flatlanders 6/12 hours
09/03/18	Heart of America marathon
10/21/18	GO Halloween Half marathon
11/03/18	Indianapolis Monumental marathon
11/04/18	St Louis Half Marathon & Clayton Police 5K