

St. Louis Track Club Training Group

Date	Location	Group	Full Miles	Half Miles	5K Miles
6/15/2019	Creve Coeur Lake Park (Taco Bell Shelter)	Full	6		
6/22/2019	Tower Grove Park	Full	8		
6/29/2019	Forest Park (inside the park)	Full	10		
7/6/2019	Trailhead Brewery- (new route)	Full	12		
7/13/2019	Babler State Park- (2 outer & 1 inner)	Full	14		
7/20/2019	MCT Old Schoolhouse Trail (Collinsville, IL)	Full	16		
7/27/2019	Weldon Springs- (Katy Trail)	Full	18		
8/3/2019	Al Foster/Rock Hollow (Paved Trail starting at La Salle Springs)	Full	16		
8/10/2019	Forest Park - (Arch Run)	Full/Half Start	18	4	
8/17/2019	Center of Clayton	Full/Half	16	5	
8/24/2019	Creve Coeur Lake Park (Taco Bell Shelter)	Full/Half/5K Start	18	6	1:1 repeat 10x
8/31/2019	Carondolet Park to River Des Peres Greenway	Full/Half/5K	20	5	1.5 K
9/7/2019	Grant's Trail (Kaldi's in Kirkwood)	Full/Half/5K	18	7	3 : 3 repeat 5x
9/14/2019	Center of Clayton to the Arch	Full/Half/5K	22	8	2K
9/21/2019	370 Lakeside Park	Full/Half/5K	14	9	2K
9/28/2019	Queeny Park	Full/Half/5K	10 or 16	6	3K
10/5/2019	Chesterfield- Monarch Levy to Katy (Possible race day for full)	Full/Half/5K	18	10	3K
10/12/2019	Al Foster/Rock Hollow (Paved Trail starting at La Salle Springs)	Full/Half/5K	18	12	3.5K
10/19/2019	Forest Park	Full/Half/5K	14	12	4K
10/26/2019	Tower Grove Park	Full/Half/5K	10	8	2:2 repeat 4x
11/3/2019	Race Day! St. Louis Track Club Half/5K	Race	Race	Race	Race

Other Races	
7/20/2019	Get Your Butt Kicked at Route 66 (6 Hours)
9/2/2019	Heart of America Marathon
9/7/2019	Corps of Discovery Trail Race Half Marathon & 5 Miler
9/21/2019	Equinox Night Time Half Marathon
10/6/2019	MO' Cowbell Marathon/Half Marathon/5K
10/13/2019	Chicago Marathon
10/20/2019	The Great GO! Halloween Race
11/3/2019	Indianapolis Monumental Marathon/Half Marathon