



Running a fall marathon? Join us for marathon training!

The St. Louis Track Club announces the return of its highly touted marathon training program. Ron Eisenberg (paz123@hotmail.com), along with Steve Brady (bradyci@sbcglobal.net), return as training coordinators this year. The program is geared to prepare those interested in participating in almost any fall marathon. Anyone wishing to join the program to stay in shape, enjoy long-run camaraderie or participate in any fall distance event is welcome. We often meet for coffee and nourishment after the runs. The program is free, but *you must be a member of the St. Louis Track Club*. In addition, you should meet the "Preliminary Training" guidelines outlined below before our first group run on June 27. To receive email notifications regarding the group runs, directions, training tips, and other important information, you must register (for free) at <http://sports.groups.yahoo.com/group/SLTCMarathon>

Preliminary Training

- Minimum miles/week: 20
- Minimum long run: 8 miles at a time without walking
- Minimum runs/week: 3 to 4

Group Meeting Dates and Sites

Date	Site	Minimum Miles
June 27	Queeny Park—Dog Museum Lot—2 Loops	8
July 4	Trail Head Brewery—Old St. Charles—FF Course	10
July 11	Babler State Park—2 Outer Loops and 1 Inner Loop	13
July 18	Creve Coeur Park—Waterfall	10
July 25	Center of Clayton—SLTC 1/2 Marathon Route	13
August 1	Chubb Trail, Lone Elk Park	15.5
August 8	Weldon Springs-Katy Trail	18
August 15	Forest Park Visitor's Center-Arch Run	14
August 22	Babler State Park-3 Outer Loops and 1 Inner Loop	18
August 29	Alton, Illinois—Great River Road	16
September 5	Castlewood State Park	12
September 13	Lewis & Clark Marathon (6:45 a.m. start)	20+
September 19	Grant's Trail—Tesshire Rd.	13
September 26	Trail Head Brewery—Old St. Charles	21
October 3	Creve Coeur Park—Waterfall	10
October 10	Chesterfield Monarch Levee Run	12
October 11	Chicago Marathon	26.2
October 18	Detroit Marathon	26.2