

---

## THE COURSE IS SET

*New course, marathons, highlight Family Fitness Weekend*

---

*(Author's note: Press release originally composed St. Louis Sports Commission.)*

Come the weekend of April 4, runners will have an idea what it takes to be the best.

And they can do it any way they can: run, jog, walk or crawl to the finish line.

Starting at noon with the Health and Fitness Expo at America's Center, people of all ages will learn the fundamentals of good fitness. The Expo also takes place on Saturday, April 5, running from 10 am to 6 pm.

Bright and early the following morning, the USA Women's Marathon Championships will be conducted. The course for the race will take place on an historic route that start at Washington University's Francis Field, site of the 1904 Olympic Marathon, and then circles three and one half times around historic Forest Park, and finishes on Government Drive directly below the World's Fair Pavilion. Forest Park was host to the 1904 World's Fair and several Olympic Events in 1904.

But don't feel left out in the cold: athletes of all ages and fitness levels will be able to participate in the weekend's festivities.

On that very same day, the Mayor's 5K Run/Walk will begin at 10:30 am at the legendary World's Fair Pavilion in Forest Park. St. Louis Mayor Francis Slay will participate in the event.

Last but not least, children will have the chance to participate via the Children's Fun Run Events at 11:30. From the Diaper Dash to a ½ mile run, the event caters to children of all ages.

Wrapping up the weekend and catering to all ages and abilities, Endurance Day features the Spirit of St. Louis Marathon as it winds its way through downtown St. Louis. Beginning and ending at Soldier's Memorial,

**(continued)**

the course tracks through Soulard, the Central West End, Clayton and University City.

Also included in the festivities is the **McBride & Son Read, Right and Run Marathon**, the nation's only marathon for children ranging from kindergarten to eighth grades. Students participating in the program will read 26 books, perform 26 good deeds and run 26.2 miles. Middle school students will complete their marathon by running the 5k even on Saturday.

"By participating in any one of the weekend events, no matter what your age or ability, you can help make St. Louis a healthier community," Nancy Lieberman, president of the *Spirit of St. Louis Marathon & Family Fitness Weekend* stated.

Last year, more than 3,500 runners took part in events associated with *Spirit of St. Louis Marathon & Family Fitness Weekend*.