

OFFICIAL 2023

EVENT GUIDE

stjude.org/marathon



St. Jude Memphis Marathon Weekend

resented by **juice** plus+*

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Dear Friends of St. Jude Children's Research Hospital:

Thank you for participating in the 2023 St. Jude Memphis Marathon® Weekend, presented by Juice Plus+.

I know I speak for everyone at ALSAC and St. Jude when I say how very grateful we are for your heartfelt dedication in supporting the mission of St. Jude – especially those of you participating as one of our amazing St. Jude Heroes, raising even more funds and awareness to help St. Jude continue to provide groundbreaking research and treatment to children fighting cancer and other life-threatening diseases. It is truly inspiring to see all of us come together this weekend – here in Memphis and virtually in communities throughout the country and around the world – for one purpose: to help find the cures that will save the lives of children.

I hope you all will also take a moment to pat yourselves on the back and congratulate yourselves on doing the hard work necessary to be a part of this weekend's events. Regardless of your chosen distance, your participation is truly a testament not only to your own fitness goals but also to your support of the kids of St. Jude.

So whether you are running in Memphis or in your hometown, please know that you are making a difference in the lives of desperately ill children and their families. Many of these St. Jude patient families are running with you this weekend and their courage and resilience is honored by their gold or purple armbands. Others will be on the sidelines, helping to cheer on your efforts.

I also want to thank the City of Memphis and the thousands of wonderful volunteers, law enforcement and public safety personnel, city officials, event partners and neighbors throughout the Memphis community for more than 20 years of astounding support for this event. We so appreciate your dedicated efforts in making this event such a success for St. Jude. And I hope everyone participating in Memphis will enjoy our new race courses that will return us to the downtown riverfront and take you past some iconic Memphis landmarks.

Friends, we hope you will all have a great race and experience and thank you again for choosing to be a part of the 2023 St. Jude Memphis Marathon Weekend and supporting St. Jude. Together we can reach the day our founder, Danny Thomas, dreamed of – the day when no child will die in the dawn of life.

Best regards,

Richard C. Shadyac Jr.

President and Chief Executive Officer

ALSAC, the fundraising and awareness organization

for St. Jude Children's Research Hospital

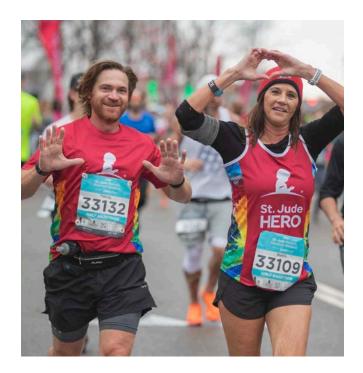
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SCHEDULE OF EVENTS

THURSDAY, NOVEMBER 30				
Noon-7:00 p.m.	Health & Fitness Expo	Renasant Convention Center		
FRIDAY, DECEMBER 1				
Noon-8:00 p.m.	Health & Fitness Expo	Renasant Convention Center		
5:00-7:00 p.m.	St. Jude Heroes® Pasta Party*	Renasant Convention Center		
SATURDAY, DECEMBER 2				
5:30 a.m.–4:15 p.m.	Gear check	Union Ave. and S. 4th St.		
5:30 a.m4:15 p.m.	St. Jude Heroes® Race Day Hospitality*	AutoZone Park		
6:55 a.m.	5K/10K wheelchair start	B.B. King Blvd. and Madison Ave.		
7:00 a.m.	5K/10K start	B.B. King Blvd. and Madison Ave.		
7:55 a.m.	Marathon/Half Marathon wheelchair start	B.B. King Blvd. and Beale St.		
8:00 a.m.	Marathon/Half Marathon start	B.B. King Blvd. and Beale St.		
4:30 p.m.	Finish Festival closes	AutoZone Park		

^{*}Reservations required



PARKING

Be sure to arrive no later than 6:15 a.m. to secure a downtown parking space (see page 9).

SECURITY

The Memphis Police Department, along with other local, state and federal law enforcement agencies, will be present during all St. Jude Memphis Marathon® Weekend events to provide an enhanced level of security to participants, spectators, staff and volunteers. Please be sure to follow all safety procedures and leave valuables at home.

WATER & RESTROOMS

These accommodations are located inside AutoZone Park and in multiple areas near the start lines.

PROHIBITED ITEMS

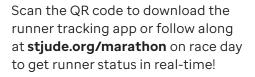
The following are strictly prohibited on the course to ensure runner safety and to comply with liability insurance requirements: unregistered runners, unauthorized vehicles, bicycles, skateboards, hoverboards, in-line or roller skates, baby joggers or strollers and all animals. Any type of unauthorized support or pacing will not be allowed, including, but not limited to, support from a vehicle (fluid bottles, splits, etc.), as such support will be considered an unfair advantage. Noncompliance will result in immediate disqualification. Headphones and other electronic listening devices are not recommended to ensure your safety and the safety of others.

DISCARDED ITEMS

Clothing and other personal items discarded at the start and on the course will be collected and donated. The St. Jude Memphis Marathon® Weekend is not responsible for items left on the course or at gear check.

RUNNER TRACKING

For all races, runner tracking is available for friends and family to keep track of their runner on the course. Runner tracking will provide updates at several splits, as well as estimated finish times.







PATIENT ARMBANDS

For extra motivation on race day, look for runners with gold or purple armbands, worn by those personally impacted by childhood cancer.

GOLD armbands are worn by patients and/or family members in honor of a St. Jude patient either currently in treatment, in remission or cured.

PURPLE armbands are worn by immediate family members honoring the memory of their St. Jude patient.

St. Jude families can pick up their armbands at Patient Family Hospitality on Level One of the Health & Fitness Expo.

GEAR CHECK

All checked gear must be in the clear bag provided at the Health & Fitness Expo. No exceptions. The prenumbered tag on the bottom of your bib is your gear check tag. Gear check is located near Union Ave. & S. 4th St. Parking Garage (1st Floor).

OFFICIAL TIMING

We use two timing methods:

Gun time - The time it takes you to finish the race based on when the start gun is fired.

Chip time - The time it takes you to finish the race based on when you cross the start line.

Results and awards for overall winners will be based on gun time. Results and awards for all age group winners will be based on chip time.

START

RACE START

Step 1 - Bib

Your assigned start corral letter will be printed on your bib. Your corral assignment is based on your estimated finish time.

Attach your bib to the front of your shirt. Your number must be visible at the start, finish, and all points along the course to prevent you from being disqualified.



FRONT

Please do not fold, cut or alter your bib in any way, the timing chip is included in your bib and any alteration could impact the ability to time you accurately. Please ensure your race bib is:

- · Clearly visible on the front of your torso
- Unaltered and unmodified (do not fold or wrinkle)
- · Pinned on all four corners
- Not covered (by jackets, runner belts, water bottles, etc.)

Step 2 - Start Times & Locations

5K/10K

- · Start time: 7:00 a.m.
- Start location: B.B. King Blvd. and Madison Ave.

Half Marathon/Marathon

- · Start time: 8:00 a.m.
- · Start location: B.B. King Blvd. and Beale St.

Step 3 - Start Procedure

Look for the elevated sign with your assigned corral letter. Race officials will check your bib at the start entry point to ensure you are at the proper corral. Upon race start, follow the directions of race officials to keep moving forward through the start line.

PACE TEAMS

Pacers will keep each group on the designated pace based on targeted marathon finish times. Half marathon participants are welcome to join the group as well. Upon arrival, look for the pacer holding the sign with your desired pace time.



ON-COURSE SUPPORT

The course will be clearly marked. Split-time clocks will be at every mile, and kilometers will be marked every 5K. Anyone leaving the course – except to use the facilities or receive medical attention – will be guilty of an unfair advantage and immediately disqualified.

Traffic management will be directed by the Memphis Police Department. Runners should be aware of vehicular traffic, particularly at all intersections. Please stay alert.

HYDRATION STATIONS

MARATHON

HALF MARATHON

The first hydration station will be located between mile mark one and two. Hydration stations will then be approximately every 1.5 miles with water, Gatorade®, Vaseline®, bandages and portalets available. GU Energy Gel in a variety of flavors will be available at hydration stations near mile marks 12.7, 16.5, 19.2, and 23.2.

If you have not trained with Gatorade® or GU Energy Gel or used them before, it is recommended you use them with caution.

10K 5K

There are six hydration stations on the 10K course and two on the 5K, all with with water, Gatorade®, Vaseline,® bandages and portalets.

MEDICAL AID

Runners are advised to drink plenty of liquids during the run. If you are drinking both water and some form of a fluid replacement drink, you should maintain a sensible balance to ensure proper electrolyte balance. We urge medical caution by all runners, particularly first-timers. Do not go beyond your physical limit.

If you have medical conditions that you wish to be known in case of emergency (such as illness, special conditions, allergies, medications, blood type, etc.), write them in waterproof ink (permanent marker) on the special form found on the reverse side of your race number.

Runners should notify hydration station personnel of any injured or ill runner requiring assistance. A runner who appears to be suffering from a life-threatening condition, such as heat stroke, may be examined by a qualified race official to determine the seriousness of the problem. No disqualification will result from such action, even if the examination is hands-on, provided the course covered by the runner has not been shortened or substantially altered in the examination process. A runner who, in the qualified race official's opinion, is in control of their faculties will be permitted to decide whether to finish, while one who is not will be removed from the race regardless of whether such action could result in a possible loss of prize.

Numerous ambulances will be mobile on the course. A medical tent staffed with doctors and nurses will be located at the finish line.

COURSE LIMIT

Participants must comply with all directions given by race officials, including immediately retiring from the race if directed to do so by a race official or any governmental authority (including fire and police officers). Event officials also reserve the right to delay, cancel or suspend the race due to weather, safety or security concerns. Official course closure means police protection ceases and vehicular traffic resumes.

Marathon	6.5 hours
Half Marathon	4 hours 20 minutes
10K	2 hours
5K	1.5 hours

DROPPING OUT

Runners unable to complete the race will be transported via SAG shuttle back to AutoZone Park. Once transportation is requested at the nearest hydration station, it is important that runners not leave the scene by any other means so that their safety and whereabouts can be accounted for. Runners who do not complete the entire course must not cross the finish line.

PHOTOGRAPHER

MarathonFoto® will take photos of runners on the course and at the finish line. You'll receive an email after the event with details on how to order these photos.

CHEER STATIONS

Cheer stations and entertainment will be positioned throughout the courses to provide support and lively encouragement for participants. It's like a huge fan club for every runner!

FINISH FESTIVAL

ENTERING THE FINISH LINE

In order for your finish time to be recorded, you must cross the mats at the finish line wearing your race bib. Do not cross the finish line a second time.

Make certain your race bib is pinned on your front and completely visible for race officials and photographers.



FOOD & BEVERAGE

Marathon and Half Marathon and 10K participants will have the opportunity to enjoy warm pizza from **Domino's**®, hot soup from **McAlister's Deli**®, prepackaged snacks, fruit, Gatorade® and water.

5K participants can enjoy prepackaged snacks fruit, Gatorade® and water.

For all race participants 21 and over, there will be Michelob ULTRA® and Wiseacre® beer. There is a two beer maximum. You must obtain a wristband at the expo after showing proper identification. No wristbands will be given out on race day.

MEETING UP WITH FRIENDS AND FAMILY

Please pre-plan your runner reunion location of choice. Left field in AutoZone Park is the only runner reunion area inside the Finisher Festival.

INFORMATION BOOTH / LOST & FOUND

Items turned into lost and found (AutoZone Park Plaza Info Booth) not claimed by 4:15 p.m. on race day will be returned to the St. Jude Memphis Marathon® Weekend office. Items will be discarded or donated if not claimed within five working days following the races.

LOST OR SEPARATED CHILDREN

At any event attended by children, there's the potential to become separated from a parent, guardian or responsible adult. St. Jude Memphis Marathon® Weekend works to ensure all children feel safe from harm and have a place to go if separated from their parent or guardian.

- Everyone under the age of 16 attending St. Jude Memphis Marathon® Weekend must be accompanied by an adult.
- A designated Lost/Separated Children Reunion Spot will be located in AutoZone Park Plaza.

RESULTS

Visit **stjude.org/marathonresults** to check your time, especially if you expect to be an award winner. Official results will be posted on our website and sent to local media, national running publications and the Boston Marathon.

AWARDS

All awards will be personalized and mailed after the event. Please allow 8-10 weeks for delivery. St. Jude Memphis Marathon® Weekend does not offer prize money. Virtual participants are not eligible for awards.

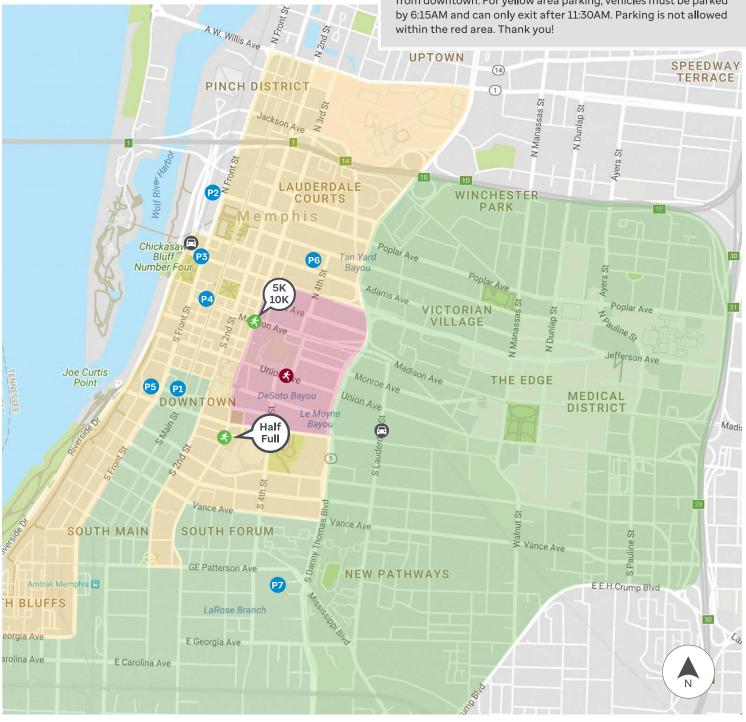
CERTIFICATE OF COMPLETION

Visit the results page on **stjude.org/marathonresults** following the event for information about how you may obtain your personalized certificate of completion.



DOWNTOWN **PARKING**

Due to road closures, participants and spectators should plan to be downtown and parked prior to 6:15AM. Please refer to the parking map below for the recommended parking areas. Green area parking will be accessible all day and allow for a timely exit from downtown. For yellow area parking, vehicles must be parked by 6:15AM and can only exit after 11:30AM. Parking is not allowed within the red area. Thank you!



- P1 Downtown Mobility Center, 60 Beale St. (P2757)
- P2 River Parks Garage, 125 N. Front St. (P2705)
- P3 Shoppers Garage, 85 N. Front St. (P2721)
- Metro 67 Garage, 60 Madison Ave. (P2701)
- P5 One Beale Garage, 287 S. Front St. (P2729)
- P6 245 Washington Ave. (P2723)
- Temple of Deliverance Parking Lot, corner of Danny Thomas Blvd. & G.E. Patterson Ave.

- No parking on race day
- Parking with entry and exit windows
- Parking all day

- Start lines
- Finish line
- Uber and Lyft dropoff/pickup

For more preferred parking, visit stjude.org/marathonparking

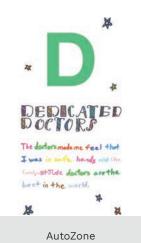
ABCs OF CANCER





Shaw Industries

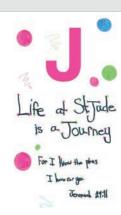












Memphis Tourism

my medicines



Downtown Memphis Commission

Shenkman Capital



it helpsyou not get People

Sick I have to all ways tak

anothing you have is because of Luck or chance. It's all ave to God's grace and favor."



is for the OUTSTANDTNG people that help you get better



Prairie Farms

American Airlines

MLGW

Memphis Runners Track Club



"Finding cures. Saving children."

Breakaway Running



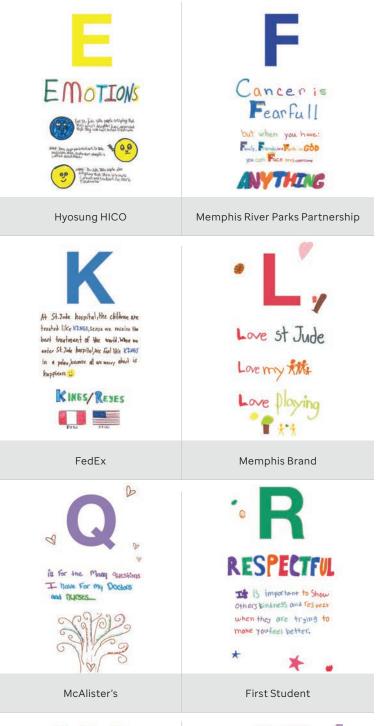
Memphis Police Department



JP Morgan & Chase



ABCs OF CANCER



One of the most poignant stops along a tour of St. Jude Children's Research Hospital is the **ABCs of Cancer wall**, which features letters of the alphabet drawn by St. Jude patients reflecting on their personal experiences battling cancer and other life-threatening diseases.

These drawings offer **an inside look** at the variety of emotions and attitudes our patients go through while they're here.

During St. Jude Memphis Marathon®
Weekend, **these powerful images will be given new life** outside the hospital walls.
Each mile of the marathon course will have art that corresponds to a letter from the ABCs of Cancer wall.

As you experience your personal race journey, we hope these images will move you while you consider the emotional journeys endured by these extraordinary children.



Landers Auto Group

St. Jude Heroes





Blue Cross Blue Shield of TN

Quarter Million Dollar Club



2023 5K COURSE MAP

AND TURN-BY-TURN

- ▲ START: On B.B. King Blvd. at the intersection of Madison Ave.
- ← Turn left onto Poplar Ave.
- Turn right onto Front St.
- → Turn right onto A.W. Willis Ave.
- 1 MILE 1: On A.W. Willis Ave. (near intersection of Center Ln.)
- → Turn right through the 4th St. Gate into the St Jude Campus.
- ← Turn left onto Danny Thomas Place
- ↑ Follow the route through St. Jude Campus
- Turn right onto A.W. Willis Ave.
- Turn right onto Danny Thomas Blvd.
- 2 MILE 2: On Danny Thomas Blvd.
- → Head up exit ramp toward Union Ave.
- 3 MILE 3: On Union Ave.

North Pkwy.

FINISH: On Union Ave., adjacent to AutoZone Park.





Snowden Ave

MAP KEY 1 Mile Markers St. Jude Campus



2023 10K COURSE MAP AND TURN-BY-TURN

10K START: 7:00 a.m.







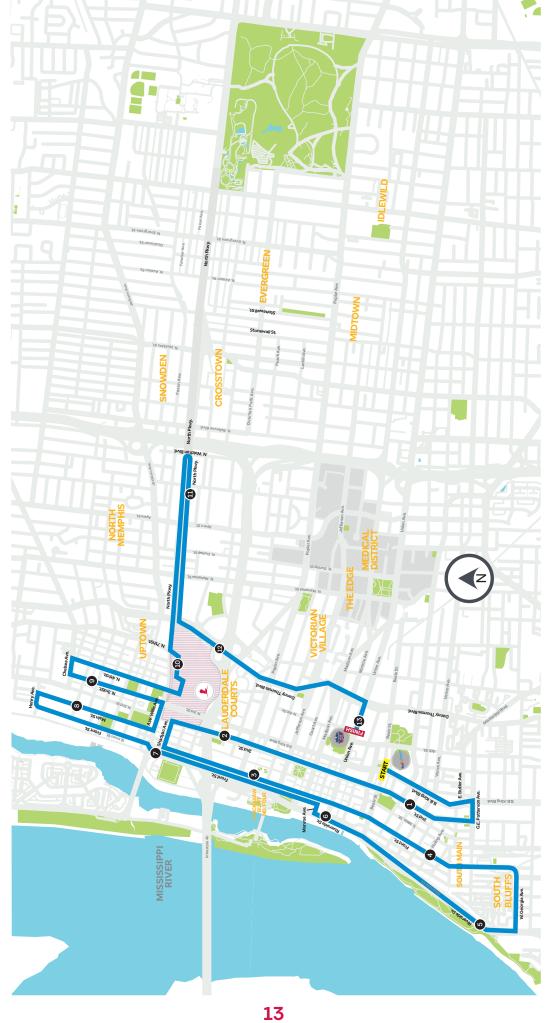


- START: On B.B. King Blvd. at the intersection of Madison Ave.
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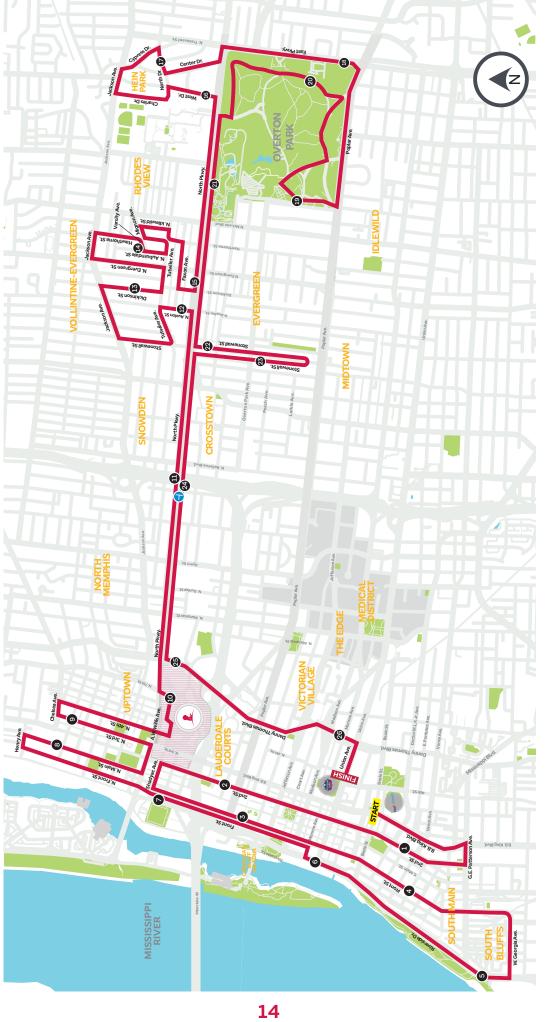
- ↑ Follow the route through St. Jude Campus
- Turn right on A.W. Willis Ave. to exit
- ₹ (Continue straight onto North Pkwy.
 - 2 MILE 2: On North Pkwy. (near Manassas St.)
 - 3 MILE 3: On North Pkwy. (near Claybrook St.) Turn left on Montgomery St.
 - Turn right on Snowden Ave.
 - Turn right on Claybrook St.
 - ← Turn left on North Pkwy.

- Continue west on North Pkwy.
- MILE 4: On North Pkwy. (between Ayers St. and Dunlap St.)
- ← Turn left on Danny Thomas Blvd.
- 5 MILE 5: On Danny Thomas Blvd. (near Carroll Ave.)
- Head up exit ramp toward Union Ave.
- Turn right onto Union Ave.
- MILE 6: On Union Ave.
- FINISH: On Union Ave., adjacent to AutoZone Park.

2023 HALF MARATHON COURSE MAP AND TURN-BY-TURN



MAP KEY



2023 MARATHON COURSE MAP AND TURN-BY-TURN

Quarter Million Dollar Club

The Quarter Million Dollar Club includes teams of St. Jude Heroes that have committed to raise at least \$250,000 this year. Their support helps ensure that families never receive a bill from St. Jude for treatment, travel, housing or food - so they can focus on helping their child live.

Thanks To Our Teams

Cenla Running Heroes

FUNraisers for St. Jude. Inc.

Poplar Bluff Heroes

Shaw Industries

The Dudes

Six Figure Club

Fleet Feet

RunWell

Jeremy Pflug, TN

Amy Phillips, CA

William Pizzitola, MO

Team WillPower

Thank you to our 2023 Platinum Premier and Platinum St. Jude Heroes

Michael Acurio, LA Laurie Adashek, MI Don Albert, MO Miles Albertson, FL Candice Barber, LA Brian Bauer, MO Bob Beard, IL Cindy Bedford, TX Matt Benson, IL Rebecca Benton, MO Dara Bertucci, LA Jill Beyers, NY Bailey Billeaudeau, LA Stacy Birdsong, MO Amanda Blackwell, MO Brian Blanco, LA Eric Bourgeois, TN Todd Bradley, MS Christine Brown, FL Christy Brown, IL Lisa Bruno, LA Kathryn Bubash, NC Sarah Bucciero, SC Jennifer Burke, MI Kristine Burrichter, KS Lindsay Butcher, MO Nick Cahanin, LA Curtis Callaway, GA Kathleen Calva, CA Vince Cambruzzi, IL Phil Carloni, CT Amy Carter, VA Crystal Cathey, AR Nicholas Chidsey, KS Mike Clary, TN Elizabeth Collie, WV Mark Comerford, FL Natalie Conques, LA Amanda Corley, LA Chris Cormier, LA Jodi Craia, TN Loretta Crow-Seymour, AR

Stephanie Crumpton, MS

Adam Cruthirds, TN

Cari Cunningham, IA Meredith Damore, CA Dana Davis MS Keith Davis, IL Nichole Davis, VA Nicole DeGennaro, NY Tony Delmonico, TN Bill Denton, TX Megan Denton, MS David Dodds, TN Drew Dogay, LA Danny Dragicevic, MO Rachel Dragicevic, MO Lilia Drew, FL Lori Driver, AL Robert Duby, IL Michael DuCharme, MI Jeff Duke, UT Hunter Dukes, MS Peter Duncanson, TN Diana Eckhardt, MO Chesney Edgeworth, LA Allison Edwards, TN Mitchell Edwards, TX Michael England, TN Tammy Esteves, MI Kellev Fain, GA Miranda Fickert, MO Jonathan Frederick, AL Laura Freeman, MO Melissa Gargasz, OH Heather Gavin, AL Tim Gerst, TN Courtney Gill, TX Jennifer Glover, TN Jeanne Godfrey, MO Cassie Goldsboro, LA Jeff Goodwin, TX Staci Gordon, MO Sylvia Greer, TN Sophie Guidry, LA Jill Guidry, CA

Thomas Hadaway, OH

Sahar Halim, TX

Mark Hamilton, TN Shannon Hanks, LA Lisa Hanner, MO Mary Hardy, MS Aimee Hardy, VA Michael Harris, MO Jill Harris, MO Liz Harris, MO Whitney Harvey, MS Paula Head, TN Cameron Head, TN Michael Head, TN Jay Healy, TN Lindsey Hemphill, MS Sue Ellen Henderson, IN Jim Hertwig, FL Jackie Hobbs, AL Annette Holbert AR Barbara Humphrev, MO Elizabeth Hurley, VA Bill Hurt, MS Lauren Iovaldi Hickey, MO Dean Ives, TN Edward James, OH Kimberly Jessop, TN Erin Johnson, MS Edward Jones, NC Bryan Judice, LA Herb Keefer, AL Katie Kemp, TN Miranda Kemp, VA Sue Kessler, VT Dana King, KS Michael Knowles, TN Andrea Kuoni, VA Deborah I. Kurtzke II. Allan Landstreet, TN Ashley Latiolais, LA Teresa Lawler, AL Harry Ledbetter, TN Jackie Legendre, LA Scott Leipert, PA

Kat Leipert, PA

Dave Lew. IL

Lisa Leroux-Smith, KS

Simon Lindon, None Nikita Lobb, IL Andy Lobb. IL Danielle Luongo, MO Tina Lurk, MO Jeff Lynch, TN Parker Lyons, CA Rachel Madden, LA Raeschel Marler Roberts, OK Julie Maune, MO Alison Mazur, NY Sarah McCoy, LA Kim (Kiki) McGaughy, MS Mike McGee, LA Shannon McWhorter, IL Bridget Meggs, NC Jason Meggs, NC Paul R. Mehelic, MO Chad Meldrum, GA Rai Memula, MO Gloria Mersman, TN Robert Meyers, MO Fred Meyknecht, None Luci Miller, MO Raakhee Mirchandani, NJ Belinda Morrison, MS Gina Morton, OK Brvant Mosbey, IN Donna Moye, GA Crystal Nero, LA Leah Nickel, LA Keri Nunley, TN Lvnn Oatman, MO David Oatman, MO Gordon O'Malley, TN Julie Ondo, IL Michelle Opalio, WA Adrian Ordonez, TX Pete Owens, AR Pamelia Parker, CT

Shamir Patel, MS

Bethany Peel, TN

Tim Peterson, NE

Reena Peppenhorst, IL

Turner Plunkett, GA Heather Polley, IN Katharine Prestridge, LA Rob Price, MA Jennifer Ragain, NC Katy Ravensberg, MO Vernon Rayford, MS Steven Reagan, TN Robert Reidelberger, IL Corinthia Reulet, LA Kayla Richmond, IA Susan Ricks, MS Dana Rivera, LA Diane Roberts TN Stephanie Rodriguez, CA Scott Sandlin, TN Ellen Sandweiss, MO Nicole Schepers, MO Jeanne Schmidt, MA Richard Schroeder, MO Betty Schulz, TX Haley Schulz, TX Barney Schulz, TX Ronnie Schwartz, LA Valerie Sepulvado, LA Sarah Shaw, WA Caleb Shaw, IA Angela Simon, LA Regina Sims, MS Brandy Sizemore, LA Joe Skillen, KS Sydney Skupa, NE Dave Smith, NE Sean Smith, AL Susan Soileau, LA Michael Soileau, LA Liam Sorget, MO Derek Spiegel, AR Ted Stann, MO Theodore Stepanoff, TN John Stephens, TX

Andrea Petrovanie- Green, HI Brenda Stephens, TX Mindy Strauss, MO Word Strength, MS Miriam Dillard Stroud, TN Barbara Sugg, AR Brittany Sullivan, KY Chelsea Swindle, MO Ginger Tabor, LA Stacey Tanner, MO Chris Tate, TN Alexandra Taylor, MS Cindy Thibodeaux, LA Jennifer Thomas, MO Carlyle Thomas, MS Neely Thomas, OK Deborah Torrance, IN Estelle Trahan, LA Jeff Trevisani, NY Glenda Tucker, LA Andy Tweedy, NE Jim Tweel, NJ Lynda Tysver, MN Maria Vaughn, LA Kris Vigliotti, MI Crystal Vincent, LA Heidi Vincent, LA Peggy Vonspreckelsen, NE Regan Walker, LA Hannah Walker, TN Bridgette Walton, MS James Webb, LA Kurt Weiger, MS Dennis Westgate, LA April Whitehead, LA Susan Williams, KS Martha Williams I A Eric Williams, MS Amanda Williams, TN Larry Willis, LA Dylan Wilson, TN Duane Wolfe, IL Tina Woodard, MO

Ravon Woods, IL



Thank you, Memphis, for your continued support!

SAVE THE DATE • SATURDAY, DECEMBER 7, 2024



St. Jude Memphis Marathon Weekend

Presented by juice plus+*