

# St.Louis What's New?

A newsletter for the running gurus

October 2012

## 10K, 5K, and Fun Run



**T**he Halloween 10K, 5K & Fun Run, features Missouri's largest 10K race and attracts many of the region's elite runners, along with thousands of runners and walkers of all ages and abilities, who dress in costume and compete for fun. More than 7,000 participants are expected to compete for fun, cash prizes and pumpkin pies. New in 2012 is the addition of a 5K race, which is capped at the first 2,000 registrants. The event also features a 1-Mile Fun Run that is popular with families. Participants receive a long-sleeve shirt, finisher medal and lots of post-race treats. The course starts and finishes in downtown St. Louis and includes plenty of scary cool things, which add to the festive feel of the event.

### Registration Fees

- \$30 10K,
- \$25 5K,
- \$20 Adult Fun Run,
- \$10 Child Fun Run from Jan. 1 to July 31
- \$35, \$30, \$25 & \$15 from Aug. 1 to Oct 11 and - \$45, \$40, \$30 & \$20 on Oct. 12 to 14.



### Table Of Contents

- Page 1** - Registration Fees
- Page 2** - Costume Contest, Prizes
- Page 3** - Race Rules, Awards
- Page 4** - What To Expect, Results

For all of those last-minute, undecided individuals who might still have interest in registering for the Halloween race, today is the last day to save on your entry fee. Prices increase up to \$10 on Friday. Again, the race is Sunday, Oct. 14. More than 5,000 have already signed up, so don't miss St. Louis' most festive race! A Halloween costume contest is held post-race and includes special prizes for the winners. GO! St. Louis is a non profit organization and it benefits our youth obesity programs. The race is only delayed or canceled if fright severe weather is in the area at the start or is scheduled for an extended period of time over the course of the race. We work closely with the National Weather Service to monitor on race morning. Any updates will be posted on our website, on here and on our Twitter feed. Please plan to arrive at the race on time.

# Costume Contest

Do you have your costume ready for the Halloween Race? We encourage participants to get creative and dress in costume for the race. This is a family-friendly event so G-rated costumes only. Simply stop by the costume contest tent, between 7...-10 am, located at Soldier's Memorial to register. The finalists will be announced at 10:30 am on the steps of Soldier's Memorial. A panel of judges will award prizes in the following categories: Most Original, Scariest, Funniest, Youth and Best of Show (comprised of the first place winners of all the categories, excluding Youth). Prizes will be awarded for 1st, 2nd and 3rd in each category with the winners receiving gift certificates, gift baskets and tickets. As part of the festivities we will have a free costume contest for race participants only. We encourage participants to get creative and dress in costume for the race. This is a family-friendly event so G-rated costumes only. Please note in the Youth division we will select five winners. Contestants will need to stop by the contest tent from 7-10am on race morning to be judged.



## Costume Contest Prizes



Simply stop by the costume contest tent, located at Soldier's Memorial to register. The finalists will be announced at 10:30 am at the event site. The costume categories include: Most Original, Scariest, Funniest, Youth and Best of Show (comprised of the first place winners of all the categories, excluding Youth). Prizes will be awarded for 1st, 2nd and 3rd in each category (excluding Youth) with the winners receiving gift certificates, gift baskets and tickets. Special thanks to following companies for their contributions towards the costume contest: Souplantation & Sweet Tomatoes, Landmark Theatres, Broadway Oyster Bar, Swing-A-Round Fun Town, Planet Fun, Joey B's on the Hill, Big Shark Bicycle Co., Saint Louis Science Center, Dave & Buster's of St. Louis, Plowsharing Crafts, Chris' Pancake & Dining, REI, Benton Park Cafe and Coffee Bar, Big River Running Company, Magic House, Flamingo Bowl, Tropicana Lanes, Chesterfield Sports Fusion, CJ Muggs, City Museum, Missouri Running Company and First Watch - Clayton.

## Race Rules & Regulations



### Awards

- 1st - \$500
- 2nd - \$300
- 3rd - \$200

The first three finishers in each age group in the 10K and 5K receive a pumpkin pie as a special award. Visit the awards tent after the race to see if you are a winner.

### Aid Stations

Water stations for the 10K will be located at Mile 2, Mile 4 and the finish line. A 5K water station is located at mile 1.5. A medical station will be at the finish line area, along with paramedics on bikes along the course. If you need medical assistance while on the race course, please go to the nearest volunteer (purple shirt) and ask for assistance. Also, on the back of your race bib is a medical information form, which we strongly encourage you to fill out prior to race morning.

The most important thing is to have fun and enjoy your race, but we do have some basic rules that will ensure that things run smoothly. A reminder that participants with baby strollers or joggers WILL NOT be allowed to participate in the 10K race, because of safety concerns. Strollers and joggers are allowed in the 5K and 1-Mile Fun. Participants utilizing strollers and joggers should start at the back of the start line. To ensure that you receive an accurate time for the 5K or 10K, make sure your race bib, which has the timing tag on the back is clearly visible on the front of your body. We will not have assigned start corrals, so we ask that you line up according to your pace per mile. If you plan to walk the race, please line up near the back of the start. Remember your timing chip does not start until you officially cross the start line. In the event of severe weather or a disaster that causes the event to be delayed, altered or canceled we encourage you to listen to the announcer at the start/finish line or race officials along the course for special instructions. The event will proceed rain or shine. No refunds will be issued for an event that is delayed, altered or canceled. Any pre-race weather or disaster related information will also be posted on [gostlouis.org](http://gostlouis.org), our Facebook page and Twitter page.



## What To Expect

Here's what to expect at the Halloween Race: Hershey's chocolate, Prairie Farms chocolate milk, Kaldi's Coffee, Great Harvest goodies, pumpkin pies, climbing walls, children's face painting, Y98 promotions, free on-site photos from GoodEye Photoshare, psychic readings and lots of other fun stuff. Even Michelob Ultra vendors will be there with free beer at the end of the race to celebrate with the runners for finishing the race! Only two days left to use the \$5.00 of coupon code - ksd5. The 5K is nearing capacity, with only about 180 spots still available!



## Results

St. Louis most festive race drew thousands of fun-loving participants, as the rain held off for the 4th running of the GO! St. Louis Halloween 10K, 5K & Fun Run. Thanks to all of the participants, volunteers and community partners for their support. Congrats to Kevin McNab for winning the 10K race with a time of 31:14, and Hilary Orf, who captured the women's 10K title with a time of 35:54. In the 5K, Carter Snow clocked in at 16:03 for first place, while Shannon Leinert was the first women to cross the line in 19:10



1315 Chestnut St.  
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Place  
Stamp  
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