

MARATHON

HALF MARATHON

10K

5K

4-RACE CHALLENGE

2-RACE CHALLENGE



OFFICIAL 2022 EVENT GUIDE

stjude.org/marathon



St. Jude Memphis
Marathon® Weekend

Presented by **juiceplus+**

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PRESENTING

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Eagle Distributing

MLGW

Ugly Mug



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

Please accept my deepest thanks for participating in the 2022 St. Jude Memphis Marathon® Weekend, presented by Juice Plus+.

As we come together – in person on the streets of Memphis and virtually in communities throughout the country and around the world – I hope you take a moment to congratulate yourselves on your hard work to train and prepare for this weekend's events. Regardless of your chosen distance, your participation is a testament to your commitment to your fitness goals and your support for St. Jude.

We could not be more grateful for the heartfelt dedication of everyone here today, including our amazing St. Jude Heroes, for helping to raise the funds and awareness necessary so that St. Jude can continue to provide groundbreaking research and treatment to children fighting cancer and other life-threatening diseases. Your passion for our mission is truly incredible.

But what I find incredibly inspiring is that, regardless of where we participate in this weekend's events, we are strongly and proudly united for one singular cause – to help find the cures that will save children's lives.

So whether you are running in Memphis or in your hometown, your participation is making a difference in the lives of desperately ill children and their families. Many of these St. Jude patient families are joining you in taking those steps this weekend and their courage and resilience is honored by their gold or purple armbands.

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.

Friends, we will be cheering all of you on, so have a great race and thank you again for choosing to be a part of the 2022 St. Jude Memphis Marathon Weekend and supporting our lifesaving mission. 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,

A handwritten signature in black ink, appearing to read "R. Shadyac Jr.", is positioned above the typed name.

Richard C. Shadyac Jr.
President and Chief Executive Officer
ALSAC, the fundraising and awareness organization
for St. Jude Children's Research Hospital

**Hope.
Community.
Vision.
Leadership.
Love.**

Proudly supporting values
that fuel our future.



Developing a Downtown for Everyone.

downtownmemphis.com @downtownmemphis #backdowntown

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PATIENT FAMILY ARMBANDS

For extra motivation this weekend, look for runners wearing gold or purple armbands, worn by those personally impacted by childhood cancer. These special armbands honor the journeys these families have had, for survivors or in memory of loved ones.

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



GOLD

Gold armbands are worn by patients and/or immediate family members honoring a St. Jude patient currently in treatment, in remission or cured.



PURPLE

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

SCHEDULE OF EVENTS

THURSDAY, DECEMBER 1

Noon–7:00 p.m. Health & Fitness Expo Renasant Convention Center

FRIDAY, DECEMBER 2

Noon–9:00 p.m. Health & Fitness Expo Renasant Convention Center

5:45–8:00 p.m. St. Jude Heroes® Pasta Party* Renasant Convention Center

SATURDAY, DECEMBER 3

5:30 a.m.–4:15 p.m. Gear check Union Ave. and 4th St.

5:30 a.m.–4:15 p.m. St. Jude Heroes® Race Day Hospitality* AutoZone Park

6:55 a.m. 5K wheelchair start B.B. King Blvd. and Court Ave.

7:00 a.m. 5K start B.B. King Blvd. and Court Ave.

7:55 a.m. Marathon/Half Marathon/10K wheelchair start B.B. King Blvd. and Beale St.

8:00 a.m. Marathon/Half Marathon/10K start B.B. King Blvd. and Beale St.

1:30 p.m. Kids Marathon start B.B. King Blvd. and Beale St.

2:00 p.m. Kids Marathon Post-Race Celebration Fogelman Downtown YMCA

4:30 p.m. Finish Festival closes AutoZone Park

*Reservations required



8 PRE-RACE



PARKING

Be sure to arrive no later than 6:15 a.m. to secure a downtown parking space (see page 20).

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.

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 allowed but 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 the Marathon, Half Marathon and 10K, 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.

Scan the QR code to download the runner tracking app or follow along at stjude.org/marathon on race day to get runner status in real-time!



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 pre-numbered tag on the bottom of your bib is your gear check tag.

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.

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.

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.)



FRONT

Step 2 - Start Times & Locations

5K

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

10K/Half Marathon/Marathon

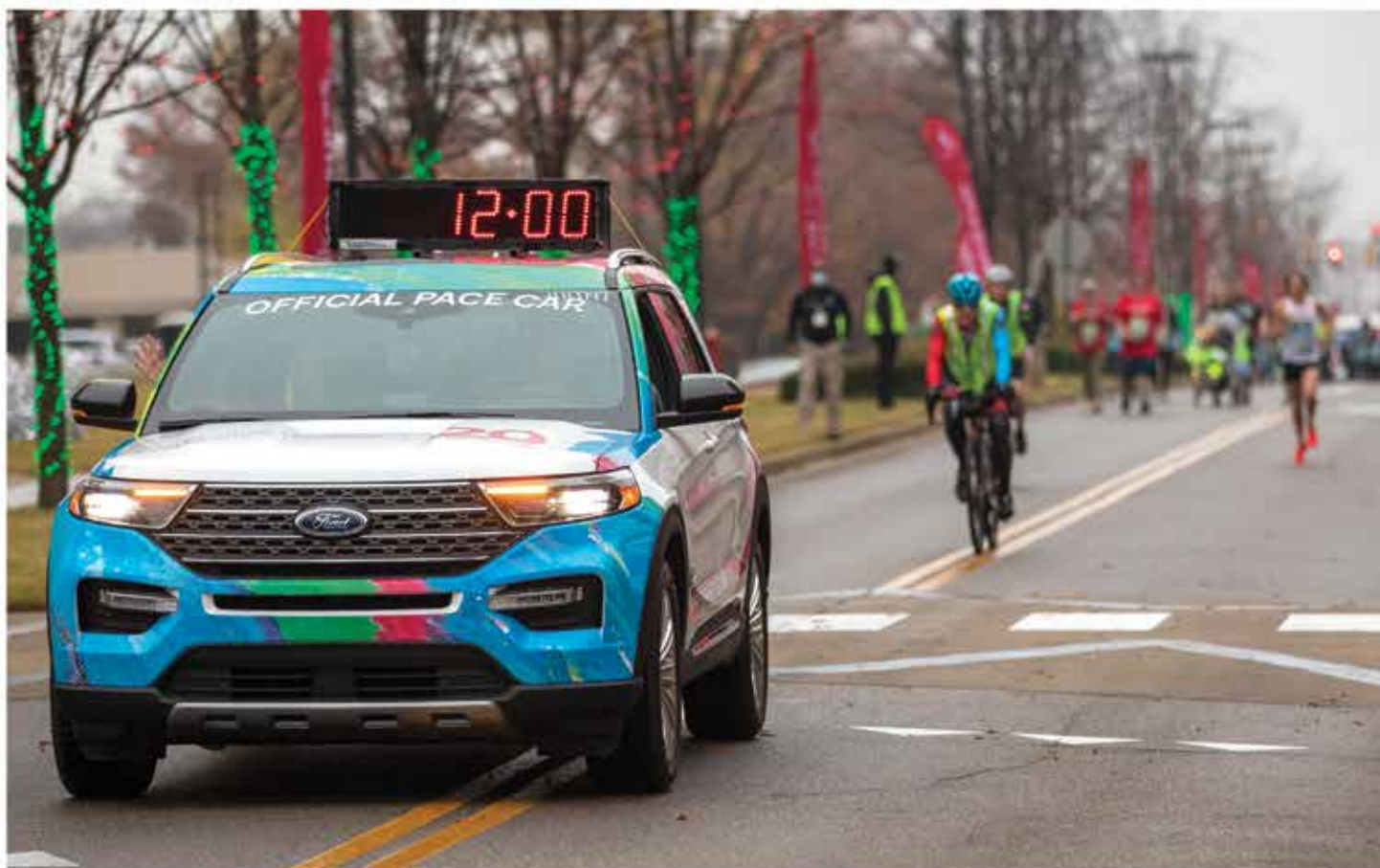
- Start time: 8:00 a.m.
- Start location: B.B. King Blvd. and Beale St.

Step 3 - Start Procedure

Look for the elevated sign with your assigned corral letter. Race officials will check your bib at the start corral 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 and 10K participants are welcome to join the group as well. Upon arrival, look for the pacer holding the sign with your desired pace time.



10 ON-COURSE

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

10K

The first hydration station will be located between mile marks two and three. Hydration stations will then be approximately every mile from mile marks three through 25 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 10.6, 15.5, 19.2 and 21.5.

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

5K

There will be two hydration stations 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. Emergency radio communications will be available at all hydration stations. 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!

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. 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
Team WillPower
The Dudes

Thank you to our 2022 Platinum Premier and Platinum St. Jude Heroes

Don Albert, MO	Kat Leipert, PA	Brian Bauer, MO	Jonathan Frederick, AL	Greg Luttrell, TN	Amy Russell, LA
Matt Benson, IL	Dave Lew, IL	Bob Beard, IL	Laura Freeman, MO	Raeschel Marler Roberts, OK	Jessica Santora, MD
Dara Bertucci, LA	Julie Maune, MO	Cindy Bedford, TX	Melissa Gargasch, OH	Amelia Mazloom, VA	Nicole Schepers, MO
Natalie Bess Christian, MO	Shannon McWhorter, IL	Amy Benson, IL	Jennifer Garland, MO	Eunice Mazloom, VA	Lisa Schroeder, SC
Stacy Birdsong, MO	David Oatman, MO	Virginia Bevers, TX	Jane Gilbert, MO	Sarah McCoy, LA	Haley Schulz, TX
Amanda Blackwell, MO	Grant Ondo, IL	Bailey Billeaudeau, LA	Jennifer Glover, TN	Karimeh McDaniel, TN	Mitch Semar, LA
Annmarie Brock, MA	Pamelia Parker, CT	Kenda Blount, MS	Cassie Goldsboro, LA	Mike McGee, LA	Valerie Sepulvado, LA
Sarah Bucciero, SC	William Pizzitola, MO	Eric Bourgeois, TN	Kimberly Grandjean, SC	Colleen McMaster, NJ	Angela Simon, LA
Debra Burns, FL	Heather Polley, IN	Lisa Bruno, LA	Sylvia Greer, TN	Bridget Meggs, NC	Regina Sims, MS
Lindsay Butcher, MO	Jennifer Ragain, TX	Jennifer Burke, MI	Thomas Hadaway, OH	Jason Meggs, NC	Brandy Sizemore, LA
Lindsay Cordia, MO	Katy Ravensberg, MO	Mark o Burr, MO	Shannon Hanks, LA	Paul R. Mehelic, MO	Sean Smith, AL
Adam Cruthirds, TN	Dana Rivera, LA	Kristine Burrichter, KS	Liz Harris, MO	Gloria Mersman, TN	Dave Smith, NE
Bill Denton, TX	Ellen Sandweiss, MO	Vincent Cacciatore, MO	Paula Head, TN	Robert Meyers, MO	Michael Soileau, LA
Rob Devine, AZ	Jeanne Schmidt, MA	Nick Cahanin, LA	Cameron Head, TN	Luci Miller, MO	Brandon Spaeth, MO
Danny Dragicevic, MO	Richard Schroeder, MO	Amy Carter, VA	Michael Head, TN	Raakhee Mirchandani, NJ	Mitchell Spurlock, TN
Lori Driver, AL	Betty Schulz, TX	Crystal Cathey, AR	Renee Heintze, CO	Leah Mitchell, MS	John Stephens, TX
Robert DUBY, IL	Barney Schulz, TX	Matthew Caudill, MN	Jackie Hobbs, WA	Donna Moye, GA	Brenda Stephens, TX
Mitchell Edwards, TX	Ronnie Schwartz, LA	Nicholas Chidsey, KS	Annette Holbert, AR	Michael Murphy, LA	Miriam Dillard Stroud, TN
Allison Edwards, TN	Joe Skillen, KS	Mark Comerford, FL	Colleen Hrischuk, MI	Jessica Niekrasz, IL	Stacey Tanner, MO
Miranda Fickert, MO	Susan Soileau, LA	Chris Connor, FL	Bill Hurt, MS	Laura Norton, TX	Amanda True, MS
Mark Finton, TN	Word Strength, MS	Amanda Corley, LA	Lauren Iovaldi Hickey, MO	Lynn Oatman, MO	Andy Tweedy, NE
Stephanie Finton, TN	Barbara Sugg, AR	Chris Cormier, LA	Dawn Jones, LA	Michelle Opalio, MO	Peggy Vonspreckelsen, NE
Heather Gavin, AL	Jennifer Thomas, MO	Jodi Craig, TN	Bryan Judice, LA	Adrian Ordonez, TX	Bridgette Walton, MS
Staci Gordon, MO	Maria Vaughn, LA	Becky Daniels, NY	Miranda Kemp, VA	Lou Oswald, IA	Tommy Walton, MS
Sahar Halim, TX	Lauren Wendell, MO	Keith Davis, IL	Dana King, KS	Katherine Park, MS	Kurt Weiger, MS
Lisa Hanner, MO	Dennis Westgate, LA	Nichole Davis, VA	Jennifer LaBarge, MO	Paurenia Patrick, VA	Susan Williams, KS
Patrick Hardy, LA	April Whitehead, LA	Dana Davis, MS	Alison Landry, LA	Jack Pavlat, VA	Amanda Williams, TN
Jill Harris, MO	You'sef Abdel-Jaber, MS	Tony Delmonico, TN	Ashley Latiolais, LA	Dane Perdieu, IL	Pamela Wolfe, TN
Michael Harris, MO	Laurie Adashek, MI	Megan Denton, MS	Teresa Lawler, AL	Brian Preston, MO	Duane Wolfe, IL
Barbara Humphrey, MO	Agnes Ashby, LA	Rachel Dragicevic, MO	Shelley Leblanc, LA	Rob Price, MA	Sarah Woodard, MO
Dean Ives, TN	Samuel Avery, MO	Lilia Drew, FL	Lisa Leroux-Smith, KS	Robert Reidelberger, IL	Tina Woodard, MO
Karl Kaufmann, NC	Candice Barber, LA	Michael Du Charme, MI	Stephanie Lista, VA	Virginia Reinhardt, MD	
Colleen Kelley, WI	Julie Barlow, GA	Michael England, TN	Jordan Lobb, IL	Corinthia Reulet, LA	
Sue Kessler, VT	Teresa Barndt, TN	April Eubanks, LA	Andy Lobb, IL	Jonathan Rogers, KY	
Scott Leipert, PA	Chandler Barton, TN	Julie Fisher, GA	Tina Lurk, MO	Catherine Romaine, LA	Platinum Premier is denoted in bold.

12 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. (see page 25).

INFORMATION BOOTH / LOST & FOUND

Items turned into lost and found 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. The 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 the St. Jude Memphis Marathon® Weekend must be accompanied by an adult.
- A designated Lost/Separated Children Reunion Spot will be located at the Information Booth

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. The 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.





Photo taken in 2019.

ABOUT THE ST. JUDE KIDS MARATHON

The St. Jude Kids Marathon is a 1-mile course with a unique downhill finish ending at the official St. Jude Memphis Marathon® Weekend finish line on Union Ave. It's a great way for kids ages 11 and under to participate in the race.

HOW IT WORKS

Register your child for the Kids Marathon.

1. Download our 8-week or 12-week training plans and keep track of your child's progress using our official mileage tracker. Our plans guide your child through all but one mile of a full marathon (26.2 miles) at their own pace. The run will be held in the afternoon, after the other races are finished.
2. Pick up your race packet, shirt and participant bag at the Health & Fitness Expo.
3. Run the final mile with your child on race day.
4. Kids also have the chance to give back. Your child can accept donations on behalf of St. Jude using our donation tracking form. What a great way to teach the importance of both health and helping others!

POST-RACE PARTY

Children who raise \$25 or more are invited to celebrate their accomplishments at the Fogelman Downtown YMCA. The post-race celebration will feature games, food and fun!



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.



KIDS MARATHON: 1:30 p.m.

Become a St. Jude Hero.®

Help St. Jude fight childhood cancer and other life-threatening diseases.



St. Jude Heroes are a group of dedicated athletes committed to raising funds for the lifesaving mission of St. Jude Children's Research Hospital.®

Registering for your next race as a **St. Jude Hero** means gaining access into the most exclusive races in the world while earning **great benefits** such as **free entry, St. Jude gear** and **event day hospitality**.

See where being a St. Jude Hero can take you!

To learn more, visit:

stjude.org/heroes

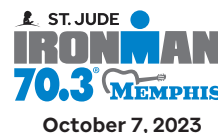


St. Jude Heroes®

©2021 ALSAC/St. Jude Children's Research Hospital (EXPM-6386)



Walt Disney World Marathon Weekend
January 4 - 8, 2023
Disney Princess Half Marathon Weekend
February 23 - 26, 2023



Give meaning to your miles.

RUN FOR A REASON[®]

St. Jude Children's Research Hospital[®] is the National Featured Charity of the Rock 'n' Roll Running Series. St. Jude Heroes[®] are committed to raising funds for the kids of St. Jude while they train for their race. They can earn great extras like free race entry and hospitality access, but the greatest benefit is knowing they are helping kids battling cancer and other life-threatening diseases.

St. Jude is the proud title partner for both the St. Jude Rock 'n' Roll Running Series Nashville and St. Jude Rock 'n' Roll Running Series Washington. Runners can also choose to run for a reason or donate to St. Jude in all Rock 'n' Roll Running Series events in the United States. Do more with your miles and become a St. Jude Hero for your next race.

Arizona

January 15, 2023

Las Vegas

February 26, 2023

Washington DC

March 18, 2023

St. Jude Rock 'n' Roll Nashville

April 22, 2023

San Diego

June 4, 2023

Salt Lake City

August 19, 2023

San Jose

October 1, 2023

Clearwater

October 8, 2023

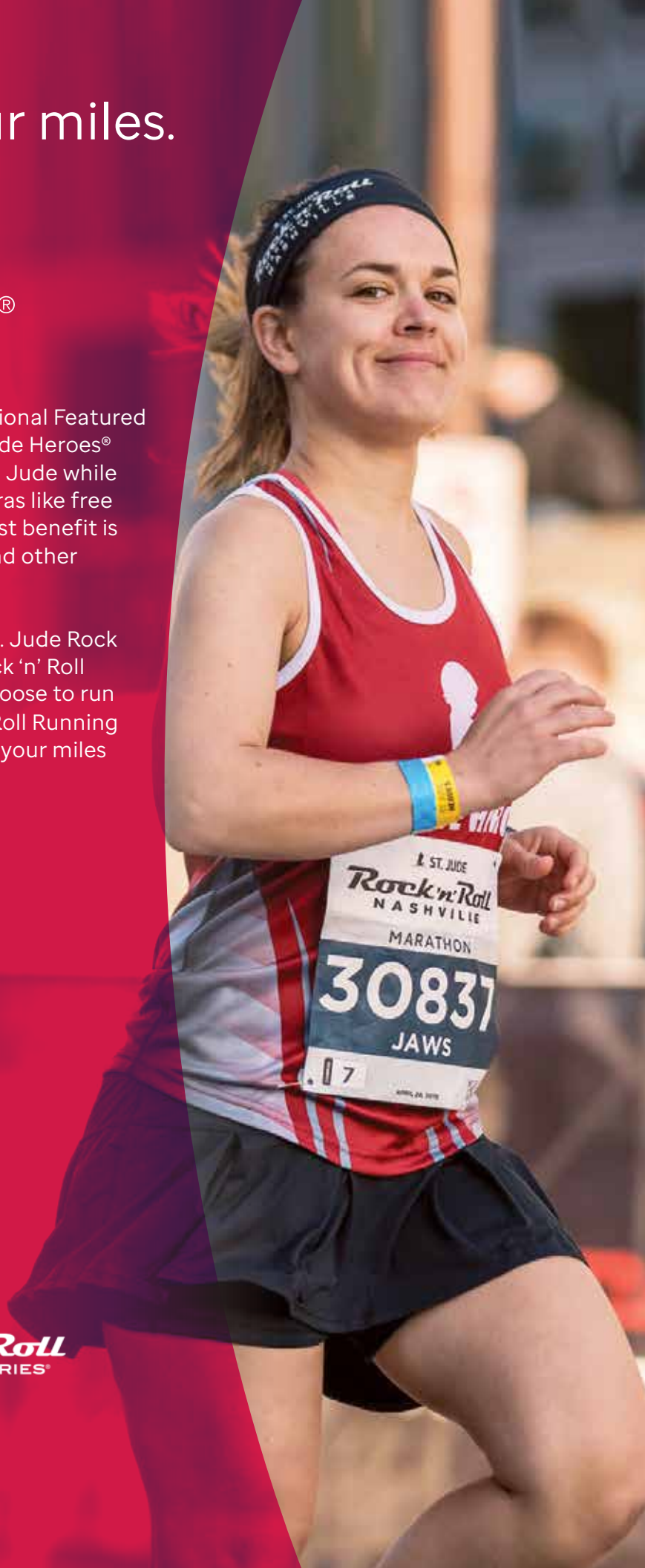
San Antonio

December 3, 2023

2023 dates coming
soon for Washington!



stjude.org/heroes



16 ABCs OF CANCER

A

Apples are in the cafeteria.



And look price labels!

B

How do I look? I had to fight it! But I was too dumb just to be me. In AS trying on the beanie because over my head from I can't let this bear who I am.

what's underwear is different this whole health situation about how to get it?



freakin' cancer slaver

C

Cancer education.

Hair is gone?!

IV to get the medicine in. Learned about blasts. Doll to help understand

Love what they do! Instruments to play! Fun Art and crafts! Every thing they do is awesome!

D

DEDICATED DOCTORS

The doctors made me feel that I was in their hands and they really care. Doctors are the best in the world.

Shaw Industries

FedEx

Shenkman Capital

AutoZone

G

Getting medicine helps people get better it helps you get home and help you see your family it helps you go places it helps you not get people sick I have to always take my medicines.

H

Yo amo a los heroes de mi hospital. Mi doctor es un Hero por que cura a las personas enfermas tambien. Me ayudan que trabaje a su comando. Los personas que ayudan para que mis hijos se curan son heroes.

I

Itch is an irritation in the skin that comes on, dry or scratch. Itching can be caused by clean things and radiation or by the cancer itself!

Disruption Itchy Skin Allergic reactions Heat Radiation can cause

Hydration medications soft clothing (cotton) be clean medications



J

Life at St. Jude is a Journey

For I know the plan I have a journey still

Landers Auto Group

Juice Plus+

United Healthcare Group

Prairie Farms

M

MIRACLE

"Nothing you have is because of luck or chance. It's all due to God's grace and favor."

N

Never

GIVE UP

O

is for the OUTSTANDING people that help you get better

P

is for Protons



Downtown Memphis Commission

Marcum Foundation

Memphis Runners Track Club

MLGW

S

is for...

St. Jude

"Finding cures. Saving children."

T

We are

Thankful for St. Jude helping us get healthy!

U

NEXTINGUISSABLE

Your light is never as bright as when you're in the fight



V

Vincenzo is the class that got in my Vibs.

Sometimes my mom cries because of the many tests I have.

I will be victorious over cancer after my treatment!

Memphis Brand

Memphis Police Department

First Student

Memphis Tourism

E

EMOTIONS



Hyosung HICO

F

Cancer is Fearful!



Blue Cross Blue Shield of TN

K

At St. Jude hospital, the children are treated like KINGS, since we receive the best treatment of the world. When we enter St. Jude hospital, we feel like KINGS in a place where all we worry about is happiness.



JP Morgan & Chase

L



American Airlines

Q

Q is for the Many Questions I have for my Doctors and Nurses.



McAlister's

R

RESPECTFUL

It is important to Show others kindness and respect when they are trying to make you feel better.



Breakaway Running

W

We are chemo Warriors We can't deny sometimes we cry But we are God's Warriors!

Wiseacre

X

Excellent is for the care that the nurses and doctors take of the patients at St. Jude!

St. Jude Heroes

Y

Yucky



Yates Construction

Z



Quarter Million Dollar Club

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 the St. Jude Memphis Marathon® Weekend, **these powerful images will be given new life** outside the hospital walls. Each of the 26 race course mile markers 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.

2022 St. Jude Memphis Marathon Weekend Gear

Don't miss your chance to order your gear for the 2022 St. Jude Memphis Marathon Weekend from the St. Jude Gift Shop today. Choose between 2022 Finisher shirts and hooded tanks, 13.1 and 26.2 shirts, and all kinds of running gear. Show off your love and support while running in St. Jude style that directly benefits the kids of St. Jude Children's Research Hospital.



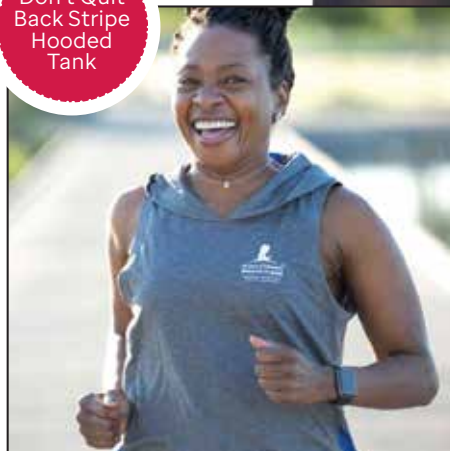
SCAN HERE
to see more
product detail
or to shop online.

2022
Performance
Finisher
Shirt

SJMMW
2023
Let's Run
Tervis
Tumbler



Don't Quit
Back Stripe
Hooded
Tank



Run For
St. Jude
Performance
Long
Sleeve



*Merchandise credit is one-time use only.

2022 ST. JUDE MEMPHIS MARATHON WEEKEND POINTS OF INTEREST

Beale St.–Start Line

One of the most iconic streets in America, Beale Street is three blocks of nightclubs, restaurants, and shops in the heart of downtown Memphis. It is a melting pot of delta blues, jazz, rock 'n' roll, R&B, and gospel.

FedEx Forum (191 Beale St.)–Start Line

This state-of-the-art arena is home to the NBA's Memphis Grizzlies and University of Memphis Tigers basketball team. It also serves as a concert venue for top tier music acts such as Katy Perry, Usher, Foo Fighters, Elton John, Justin Timberlake and more.

Elvis Statue on MLGW Plaza (115 Beale St.)–Between Start and Mile 1

A tribute to the man who earned the title “King of Rock 'n Roll” and made Memphis his home: Elvis Presley. It is estimated that Elvis has sold more than one billion records worldwide.

The Orpheum (203 S. Main St.)–Between Start and Mile 1

Originally the Grand Opera House, it was built in 1890 and rebuilt after a 1923 fire. For over 100 years, the Orpheum has brought in large-scale Broadway shows and performances by today's entertainers.

The Peabody Hotel (118 S. 2nd St.)–Mile 1

Known as the “South's Grand Hotel,” The Peabody is legendary for its charm, elegance, gracious hospitality, and rich history. This Memphis icon, opened in 1869, is listed on the National Register of Historic Places and is world-famous for its five resident ducks, who march daily through the lobby at 11:00 a.m. and 5:00 p.m.

Court Square Park (62 N. Main St.)–Mile 1

Of all four original municipal parks laid out by the city planners in 1819, this park is the only one left in its original form. The land was set aside for a courthouse, instead it was the site of Memphis' first schoolhouse.

St. Jude Children's Research Hospital Campus (262 Danny Thomas Pl.)–Mile 2

St. Jude is leading the way the world understands, treats and defeats childhood cancer and other life-threatening diseases.

Beale Street Landing (251 Riverside Dr.)–Mile 4 (adjacent to the Mississippi River)

Located at the foot of Beale Street, the landing serves as a welcoming pad for all those traveling by river and serves as home to the American Queen Steamboat Company.

Cotton Museum at the Memphis Cotton Exchange (65 Union Ave.)–Mile 4

Set upon the legendary floor of the Memphis Cotton Exchange where cotton traders once stood at the center of the global cotton economy. Once, only the elite members of the Cotton Exchange were allowed to enter. Today, this historic space is open to the public and is devoted to sharing the story of cotton.

Gus's World-Famous Fried Chicken (310 S. Front St.)–Mile 4

Memphis is a fried chicken capital, and Gus's spicy, crispy, piping-hot bird provides diners with what they say may be the single most perfect bite in the flavor-verse.

Tom Lee Park/Mississippi Riverfront (Riverside Dr.) – West of Mile 4

Overlooking the Mississippi River, the park is named after Tom Lee, an African American river worker who saved the lives of 32 passengers of the sinking steamboat M.E. Norman in 1925.

It's popular for walkers, joggers and cyclists, and hosts events throughout the year. www.memphisriverparks.org

National Civil Rights Museum (450 Mulberry St. – Lorraine Motel) – Mile 4.5

Located at the historic Lorraine Motel where civil rights leader Dr. Martin Luther King, Jr. was assassinated, the museum is the history behind the civil rights movement. Slavery. Separate but equal. Boycotts. Assassinations. Black power. This is the history of the uprising that pushed national and international civil rights forward.

South Main District (South Main St.)–Mile 4.5

Preserved buildings freeze this Downtown district in time, until you see what's inside: interactive civil rights and music museums; galleries and street art, shops, beloved dives and bistros.

The Arcade Restaurant (540 S. Main St.) – West of Mile 4.5

Memphis' oldest cafe, Speros Zepatos founded the diner in 1919. Their sweet potato pancakes alone have put them on the map and the Elvis booth, where he ordered a fried peanut butter and banana sandwich.

Vollintine-Evergreen Historic District–Mile 9-11

This midtown neighborhood and Historic District is notable for its collection of post-World War II houses built around a former synagogue (now the Gethsemane Garden Church) and the V&E Greenline that starts at the corner of N. Watkins/North Parkway and runs for 1.7 miles.

Rhodes College (2000 North Parkway)–Mile 11.5

Rhodes is a four-year, private, coeducational, residential college committed to the liberal arts and sciences. The beautiful campus sits in the heart of Memphis.

Overton Park (1914 Poplar Ave.)–Mile 15-20

A 342-acre public park that contains a 9-hole golf course, Memphis Brooks Museum of Art, Memphis College of Art, Memphis Zoo, Levitt Shell, Rainbow Lake, Veterans Plaza, the Greensward, two playgrounds and a 126-acre Old Forest State Natural Area.

Memphis Zoo (2000 Prentiss Pl.)–Mile 17

The Zoo spans 70 acres and is home to more than 4,500 animals, representing over 500 species. Exhibits include Once Upon a Farm, Commercial Appeal Cat Country, Primate Canyon, Animals of the Night, Northwest Passage and CHINA.

Evergreen Historic District (Midtown Memphis)–Mile 22

One of the city's oldest neighborhoods and its first Historic Conservation District, it includes 1,400 homes built between 1890 and 1930. South of North Parkway between Watkins and East Parkway)

Sun Studio (706 Union Ave.)–East of Mile 26

Known as “The Birthplace of Rock'n'Roll,” it's the discovery location of musical legends and genres of the 50's from B.B. King and Elvis Presley to Johnny Cash and Jerry Lee Lewis.

AutoZone Park (200 Union Ave.)–Finish Line Festival

Home of the Memphis Redbirds and the Museum of Minor League Baseball, the Park features the largest video board in Minor League Baseball.

For additional information about Memphis:

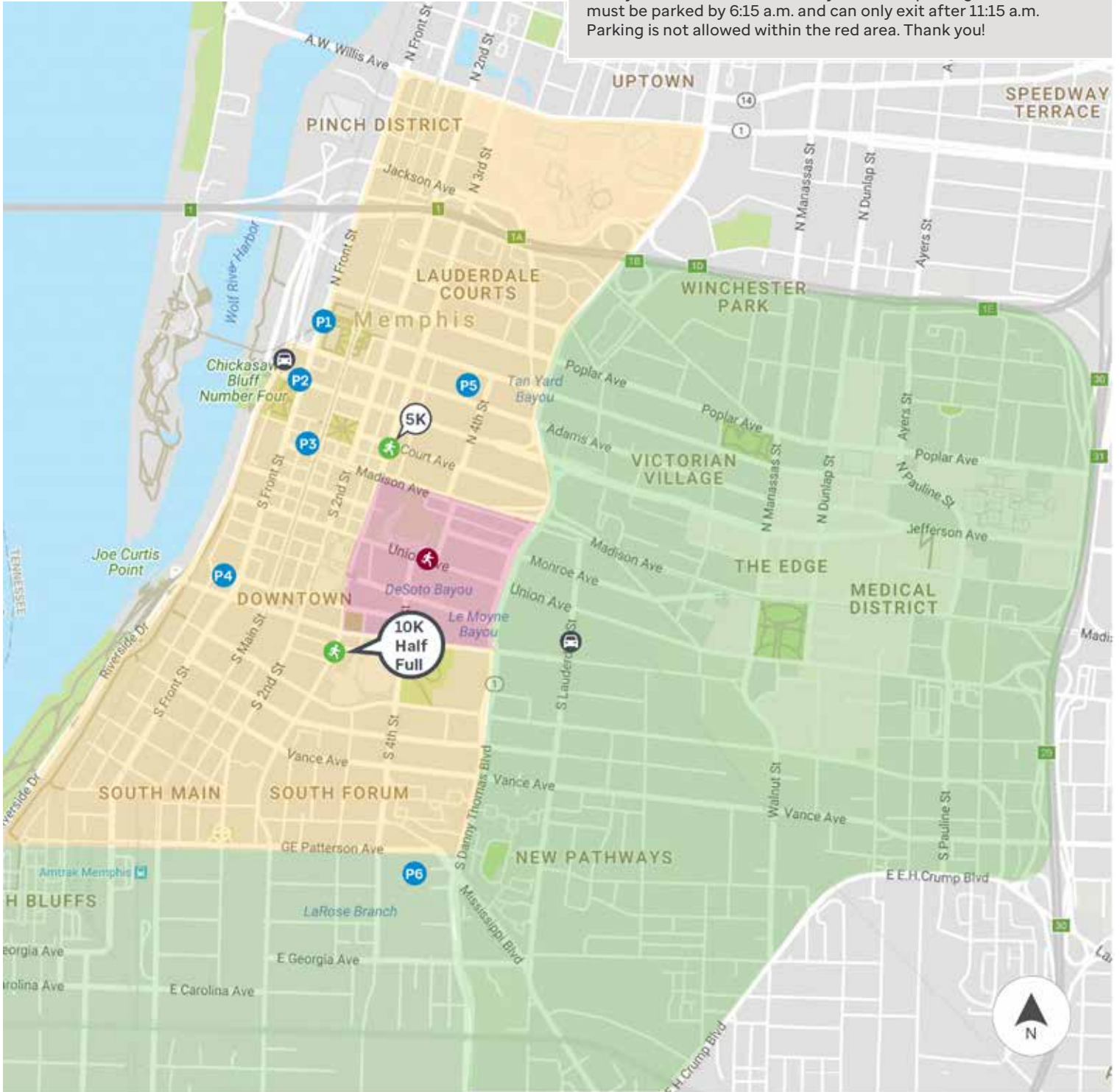
Beale Street Entertainment District: www.bealestreet.com

Downtown Memphis Commission: www.downtownmemphis.com

Memphis Tourism: www.memphistravel.com

Due to road closures, participants and spectators should plan to be downtown and parked prior to 6:15 a.m. 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 6:15 a.m. and can only exit after 11:15 a.m. Parking is not allowed within the red area. Thank you!

DOWNTOWN PARKING



- P1** River Parks Garage, 125 N. Front St. (P2705)
- P2** Shoppers Garage, 85 N. Front St. (P2721)
- P3** Metro 67 Garage, 60 Madison Ave. (P2701)
- P4** One Beale Garage, 287 S. Front St. (P2729)
- P5** 245 Washington Ave. (P2723)
- P6** 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



St. Jude Memphis Marathon® Weekend

Presented by **juiceplus+**

2022 5K COURSE MAP AND TURN-BY-TURN



5K START: 7:00 a.m.

MAP KEY 1 Mile Markers St. Jude Campus



St. Jude Memphis Marathon® Weekend

Presented by juiceplus+

2022 10K COURSE MAP AND TURN-BY-TURN



10K START: 8:00 a.m.

MAP KEY

1 Mile Markers

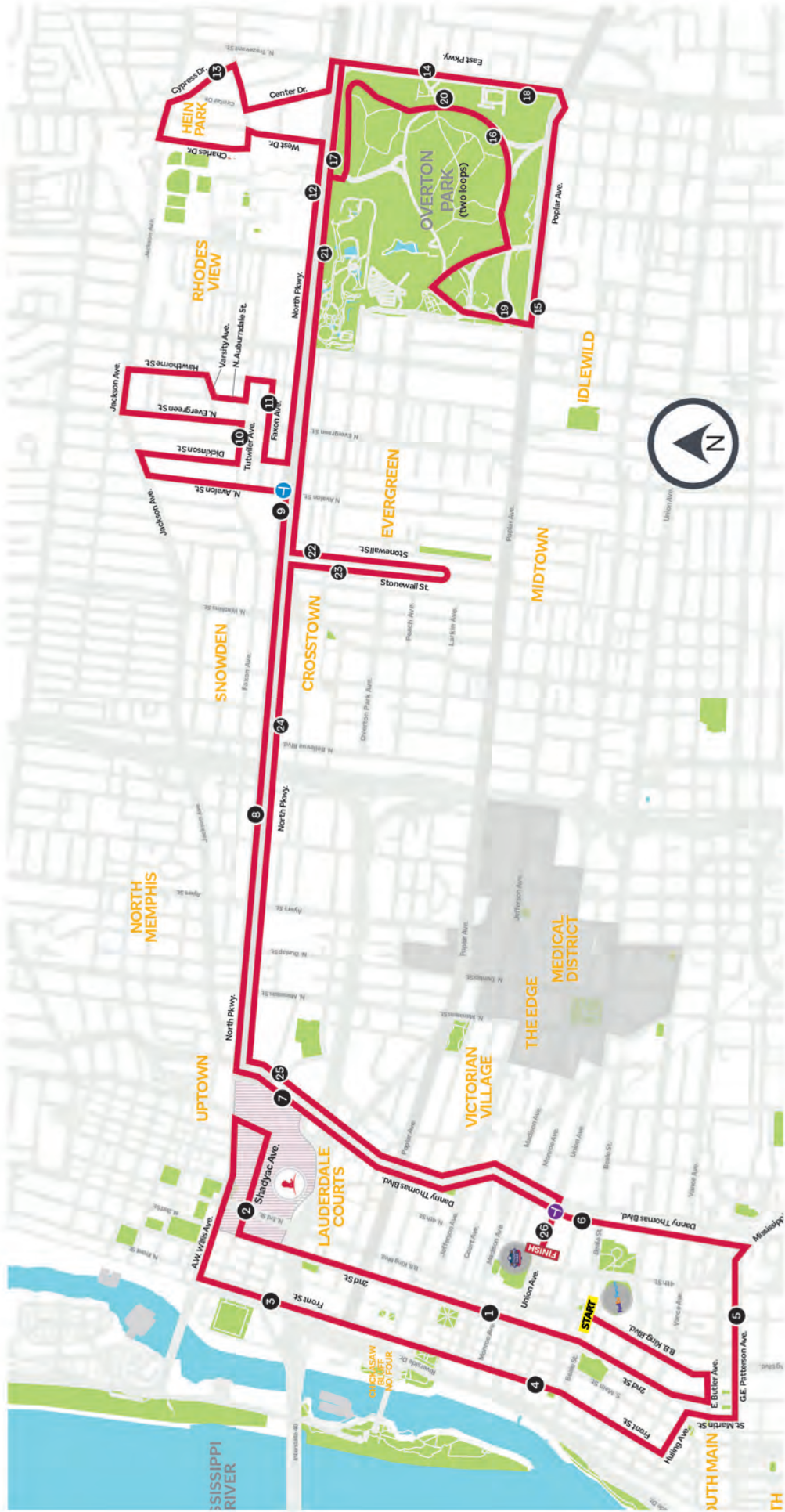


St. Jude Campus

2022 MARATHON COURSE MAP AND TURN-BY-TURN

St. Jude Memphis Marathon® Weekend

Presented by juiceplus+



MARATHON START: 8:00 a.m.

MAP KEY

1 Mile Markers



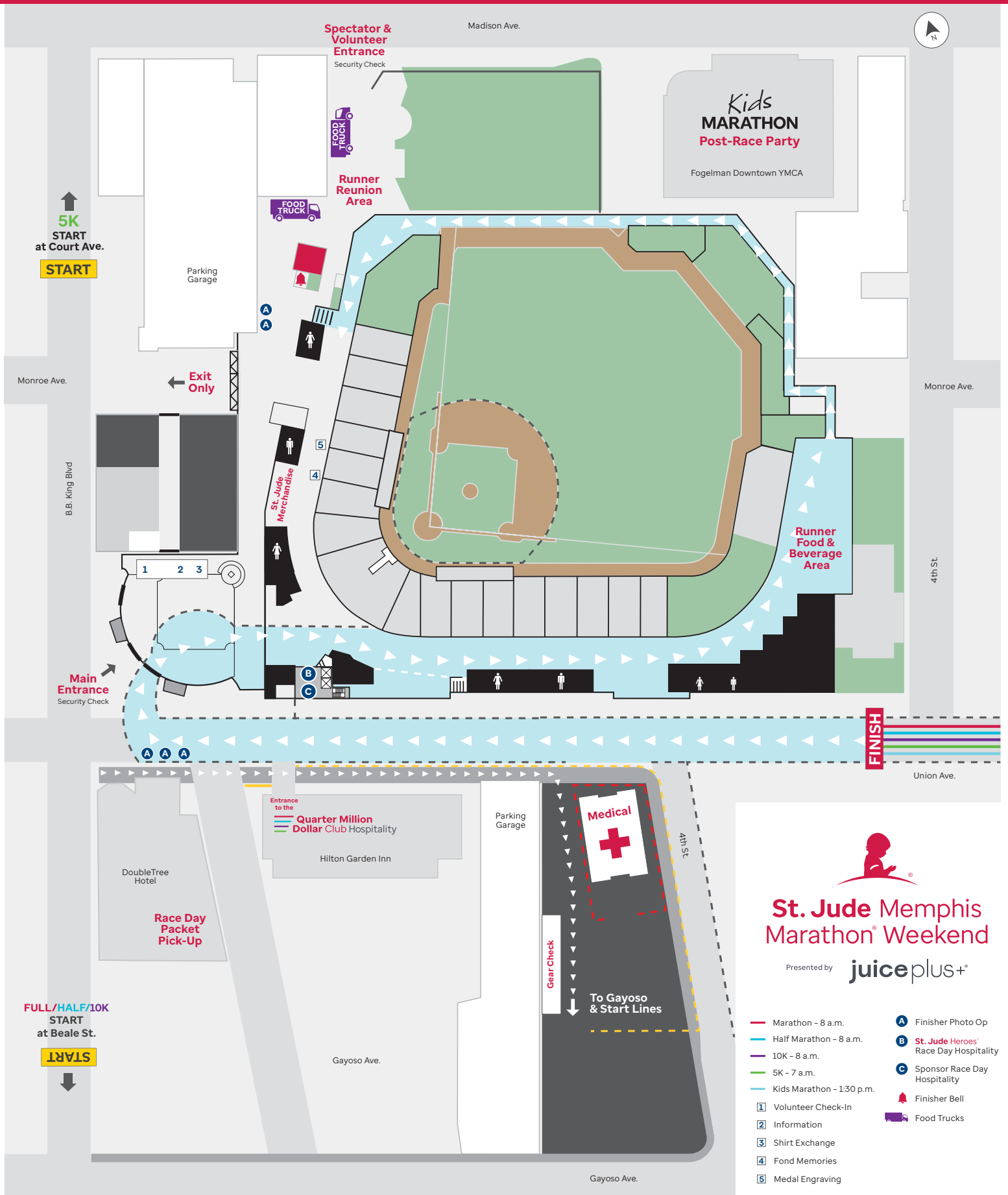
St. Jude Campus

10K Split to Finish





Half Marathon Split to Finish

2022 FINISH FESTIVAL MAP




St. Jude Memphis Marathon® Weekend
 Presented by **juiceplus+**

- Marathon - 8 a.m.
- Half Marathon - 8 a.m.
- 10K - 8 a.m.
- 5K - 7 a.m.
- Kids Marathon - 1:30 p.m.
- A Finisher Photo Op
- B St. Jude Heroes' Race Day Hospitality
- C Sponsor Race Day Hospitality
-  Finisher Bell
-  Food Trucks
- 1 Volunteer Check-In
- 2 Information
- 3 Shirt Exchange
- 4 Fond Memories
- 5 Medal Engraving



Bringing Passion To Our Mission

Volunteers and cheer station groups play an important role in making sure St. Jude Memphis Marathon® Weekend, presented by Juice Plus+® is memorable and safe. Simply put, we couldn't do it without all of their support!

During event weekend, please be sure to join us in saying **“Thank You”** to all the volunteers who help make this event possible, from packet pick-up at the Health and Fitness Expo to the start line and all the way through the finish line experience. On-course, we hope you enjoy the energy and enthusiasm from our cheer station groups.



**St. Jude Memphis
Marathon® Weekend**

Presented by **juiceplus+**®

Interested in joining us in 2023 as a volunteer or cheer station group?
Visit stjude.org/marathonvolunteergroup to sign up today and secure priority registration for next year.

Celebrating 60 Years

2022 marks the 60th anniversary of St. Jude Children's Research Hospital® and is a celebration shared with everyone. From the innovative work of our doctors and scientists, pushing for breakthroughs, to the world-class care of our staff, everyone has a role to play in helping save children from cancer and other life-threatening diseases, especially our supporters.

Sixty years later and the majority of St. Jude funding still comes from individual contributors. Your generosity means St. Jude has the freedom to focus on what matters most – innovative work and the push for breakthroughs.

Together, we celebrate the accomplishments of the past and look forward to those of the future.



Art by sibling of St. Jude patient **Calvin**



Thank you, Memphis, for your continued support!



St. Jude Memphis
Marathon® Weekend

Presented by **juiceplus+**