

MARATHON

HALF MARATHON

10K

5K

2-RACE CHALLENGE



# OFFICIAL 2024 EVENT GUIDE

[stjude.org/marathon](https://stjude.org/marathon)



**St. Jude** Memphis  
Marathon® Weekend

Presented by **juice**plus+

# SPONSORS

## PRESENTING

# juice plus+®

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## OFFICIAL PARTNERS



  
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**St. Jude Children's  
Research Hospital**

Finding cures. Saving children.  
ALSAC • DANNY THOMAS, FOUNDER

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

Please accept my deepest thanks for participating in the 2024 St. Jude Memphis Marathon® Weekend, presented by Juice Plus+.

This weekend we will come together – in person on the streets of Memphis and virtually in communities throughout the country and around the world – united for one amazing purpose: to help St. Jude Children's Research Hospital find the cures that will save the lives of children. On behalf of everyone at ALSAC and St. Jude, thank you for your dedication and passion for our mission, especially those of you who are raising funds and awareness as one of our incredible St. Jude Heroes. Your support makes it possible for St. Jude to continue to provide groundbreaking research and treatment to children with cancer and other life-threatening diseases.

I also congratulate all of you for the hard work you put into training for this weekend's races. You should be proud of this accomplishment – not only for meeting your personal fitness goals but also because your participation is truly supporting 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 express my gratitude to Bill Seely, the CEO of Varsity Brands, for serving as the first corporate chair of this event and to Juice Plus+ for that company's continued support as the event's presenting sponsor. Thank you to 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 truly wonderful support for this event. We thank you so much for your commitment to making this event such a success for St. Jude

Friends, have a great race experience and thank you again for choosing to be a part of the 2024 St. Jude Memphis Marathon Weekend and supporting the lifesaving mission of St. Jude. Together we can save more lives.

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, DECEMBER 5

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

### FRIDAY, DECEMBER 6

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 7

5:30 a.m.–4:15 p.m. Gear check Union Ave. Parking Garage

5:30 a.m.–4:15 p.m. Finish Festival & 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. Half Marathon/Marathon wheelchair start B.B. King Blvd. and Beale St.

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

Noon Kids' Fun Run start B.B. King Blvd. and Madison Ave.

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

*\*Reservations required*



## PARKING

Be sure to arrive no later than 6:15 a.m. to secure a downtown parking space or reserve ahead of Race Day (see page 9 for the Parking Map).

## 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 and may create a safety issue for other runners. 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. 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.

Scan the QR code to download the runner tracking app or follow along at [stjude.org/marathon](http://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. Gear check is located on the 1<sup>st</sup> floor of the parking garage across Union Ave. from AutoZone Park.

## OFFICIAL TIMING

Two timing methods are used for the event:

**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 designation 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

### Step 2 - Start Times & Locations

#### 5K/10K

- Start time: 7:00 a.m.
- Start location: B.B. King Blvd. and Madison Ave.
- Corrals labeled by letter.

#### Half Marathon/Marathon

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

### Step 3 - Start Procedure

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

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 a jacket, runner belt, water bottle, etc.)

## PACE TEAM

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 deemed as taking 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.

## COURSE TIME LIMITS

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.

	<b>Marathon</b>	6.5 hours
	<b>Half Marathon</b>	4 hours 20 minutes
	<b>10K</b>	2 hours
	<b>5K</b>	1.5 hours

## HYDRATION STATIONS

MARATHON	HALF MARATHON
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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 course, all 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.

## 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, 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 Race Day.

## 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](http://stjude.org/marathonresults) following the event for information about how you may obtain your personalized certificate of completion.

## KIDS' FUN RUN

The one-mile fun run is for kids ages 12 and under who are accompanied by an adult. All participants must pre-register and follow the two children per one adult companion requirement. Children under the age of 5 are expected to be in a wagon or stroller.

Each registered child will receive a bib and participant shirt to be picked up at the Expo. Companion adults will receive a matching bib only. Children will also receive a medal upon crossing the finish line. The event is untimed so no awards will be given.

Children crossing the finish line without their adult companion will be held in a reunification (waiting) area inside the finish chute. The child will be released only to the adult with the matching bib.

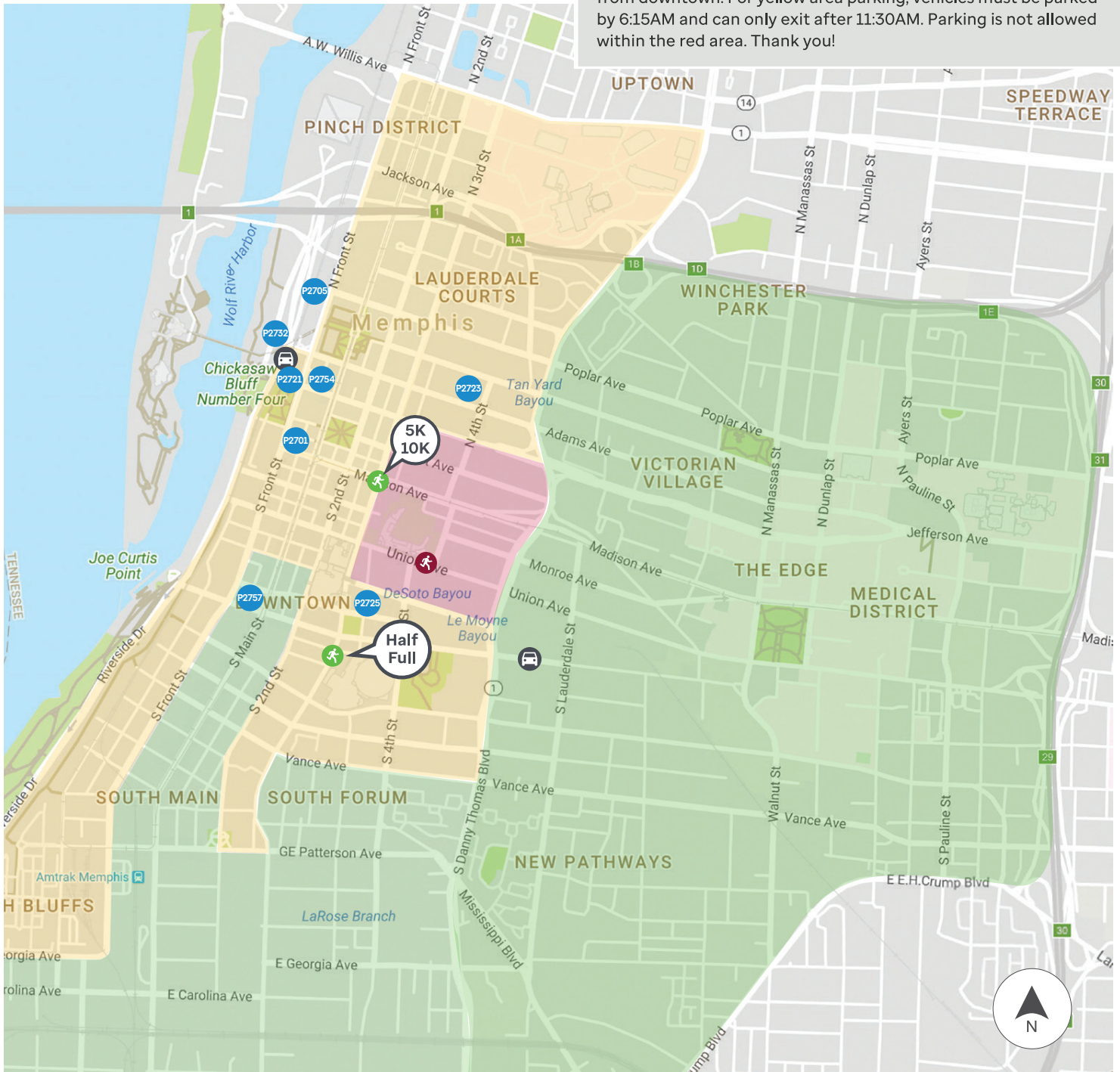
After crossing the finish line, Kids' Fun Run participants will be escorted to the Post Run Party at the Fogelman Downtown YMCA (245 Madison Ave.) on the northeast side of AutoZone Park.





# 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!



- P2757 Downtown Mobility Center, 60 Beale St.
- P2725 250 Peabody Garage, 250 Peabody Place.
- P2732 River Garden Lot, 91 Promenade.
- P2705 River Parks Garage, 125 N. Front St.
- P2721 Shoppers Garage, 85 N. Front St.
- P2701 Metro 67 Garage, 60 Madison Ave.
- P2754 99 Tower Garage, 86 N. Front St.
- P2723 Justice Center Garage, 245 Washington Ave.

- No parking on race day
- Parking with entry and exit windows
- Parking all day
- 🚶 Start lines
- 🏃 Finish line
- 🚗 Uber and Lyft dropoff/pickup

**Reserve your parking spot in advance by visiting:**  
[premiumparking.com/p27XX](http://premiumparking.com/p27XX) (specific garage number).

# ABCs OF CANCER

**A**

Apples are in the cafeteria.



And Lots of other  
hot and friends!

Wisecre

**B**

I used to hate it I tried to fight it But  
I know I'm destined just to be me In AF  
trying on the beaties Because every hour  
and then I can't let them know who I am.

what's underneath  
is different than  
what's beneath Because  
under all these layers is



freakin cancer slayer

Shaw Industries

**C**

Cancer education.  
Hair is gone?!  
IV to get the medicine in,  
Learned a bout blasts,  
Doll to help understand

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

Marcum Foundation

**D**

**DEDICATED  
DOCTORS**

The doctors made me feel that  
I was in safe hands and like  
family. St. Jude doctors are the  
best in the world.

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 almo a los héroes do mi  
Hospital. Mi doctor es  
un Héroe porque cura niños  
Mis enfermeras también.  
Mis terapeutas que trabajan  
d'yo conmigo. Los personas  
que bah para que más niños  
se curen son Héros.

**I**

Itch is an irritation in the  
skin that causes an itchy or scratch  
feeling can be caused by  
chemo therapy and Radiation OR  
by the cancer itself!!

Dryskin Itchy Skin Allergic  
reaction Hives Radiation rash recall

Hydration moisturizers  
Soft clothing Hot/Cool lot  
Creams medications



Downtown Memphis Commission

**J**

Life at St. Jude  
is a Journey

For I know the plans  
I have for you  
Jeremiah 29:11

Shenkman Capital

**M**  
**MIRACLE**

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

Prairie Farms

**N**

**Never**  
**GIVE**  
**UP**

American Airlines

**O**

is for the  
**OUTSTANDING**  
people that help  
you get better

MLGW

**P**  
**is for**  
**Protons**



Memphis Runners Track Club

**S**  
is for...  
**St. Jude**

"Finding cures, Saving children."

Skýra

**T**

We are  
**Thankful**  
for  
St. Jude helping  
us get healthy!

Memphis Police Department

**U**

**NEXTINGUISABLE**  
Your Light is NEVER  
as BRIGHT as when  
You're in The FIGHT



The Y

**V**

Vincristine is the chemo  
that goes in my Veins.

Sometimes my veins blow  
because of too many  
needle pokes.

I will be victorious over  
cancer after my treatment!

BlueCross BlueShield of TN

# ABCs OF CANCER

E

EMOTIONS



Hyosung HICO

F

Cancer is Fearful!

but when you have:  
**F**amily, **F**riends, and **F**aith in **G**OD  
 you can **F**ACE anything

Memphis River Parks Partnership

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.

K

At St.Jude hospital, the children are treated like **KINGS**, sense we receive the best treatment of the world. When we enter St.Jude hospital, we feel like **KINGS** in a palace, because all we worry about is happiness 😊



FedEx

L

Love st Jude  
 Love my little  
 Love playing

Memphis Brand

Q

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



Nucor Steel

R  
 RESPECTFUL

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



McAlister's

W

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

St. Jude Heroes

X

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

Landers Ford

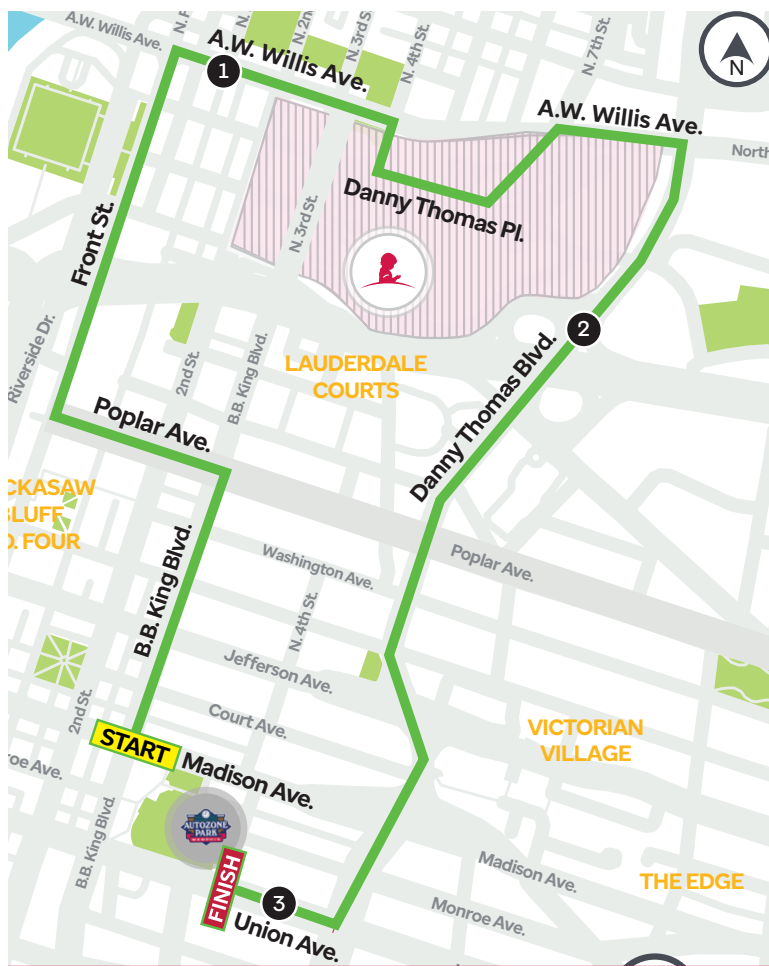
Y

YUCKY  
 CANCER is mean and Yucky  
 Throwing up is Yucky.  
 Needles are Yucky too!  
 Taking medicine is super Yucky!

Quarter Million Dollar Club (QMDC)

Z  
 Zzzz... as in sleepy, big chemo makes me tired  
 ndanstron is the generic name  
 Feel better  
 on through it at hospital pills at home during treatment  
 Always have faith  
 auseca & vomiting

Juice Plus+



## 2024 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.
- **FINISH:** On Union Ave., adjacent to AutoZone Park.

**5K START:** 7:00 a.m.

**MAP KEY** ① Mile Markers ● St. Jude Campus



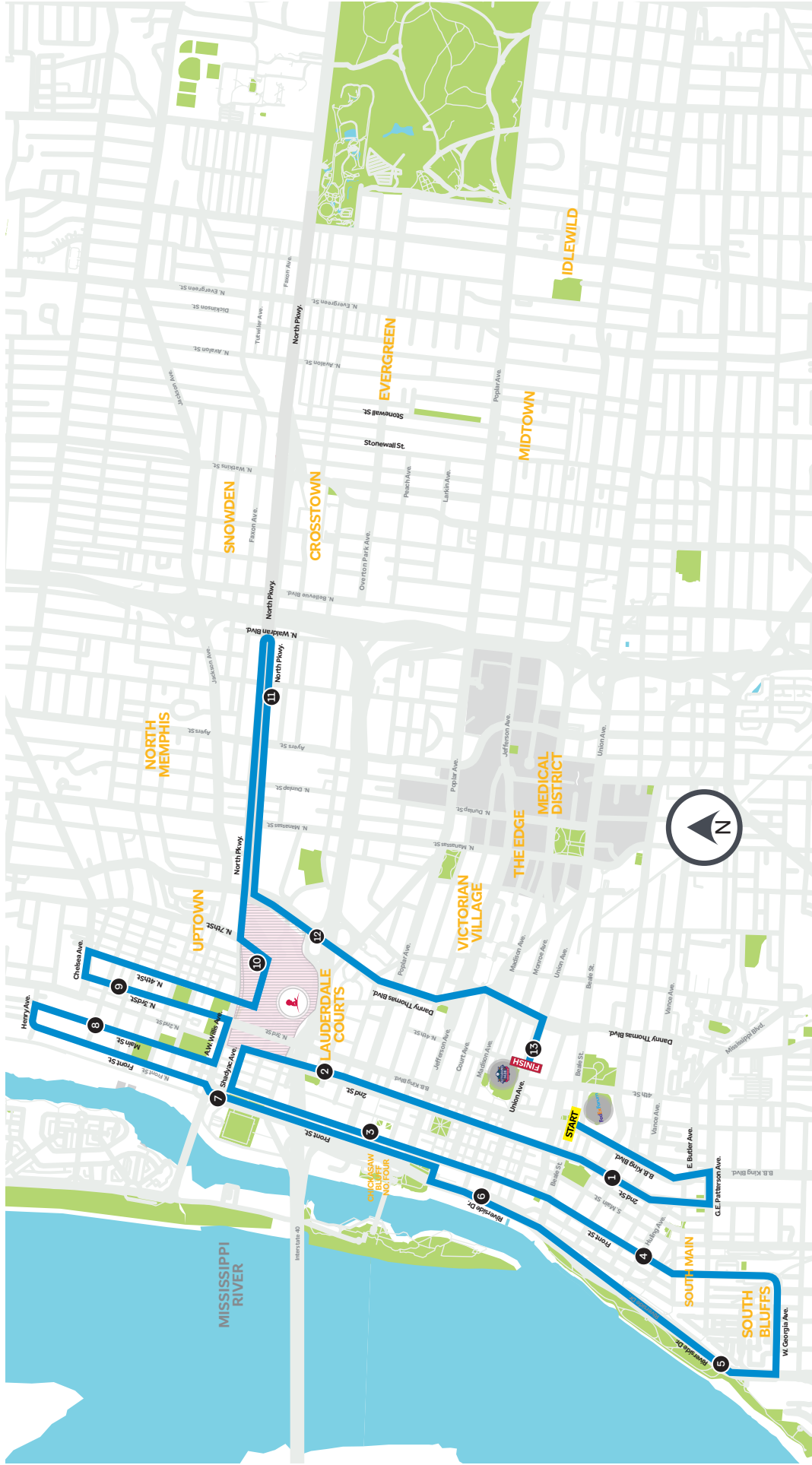
## 2024 10K COURSE MAP AND TURN-BY-TURN

**10K START:** 7:00 a.m.

**MAP KEY** ① Mile Markers ● St. Jude Campus ⑦ 5K Split to Finish

- ▲ **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. to exit
- ⑦ Continue straight onto North Pkwy.
- ② **MILE 2:** On North Pkwy. (near Manassas St.)
- ↶ Turn left onto Montgomery St.
- ➔ Turn right onto Snowden Ave.
- ➔ Turn right onto Claybrook St.
- ③ **MILE 3:** On North Pkwy. (near Claybrook St.)
- ↶ Turn left onto North Pkwy.
- ↷ Take the turnaround near Watkins St.
- ⬆ Continue west on North Pkwy.
- ④ **MILE 4:** On North Pkwy. (between Ayers St. and Dunlap St.)
- ↶ Turn left onto 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.
- ⑥ **MILE 6:** On Union Ave.
- **FINISH:** On Union Ave., adjacent to AutoZone Park.

# 2024 HALF MARATHON COURSE MAP AND TURN-BY-TURN



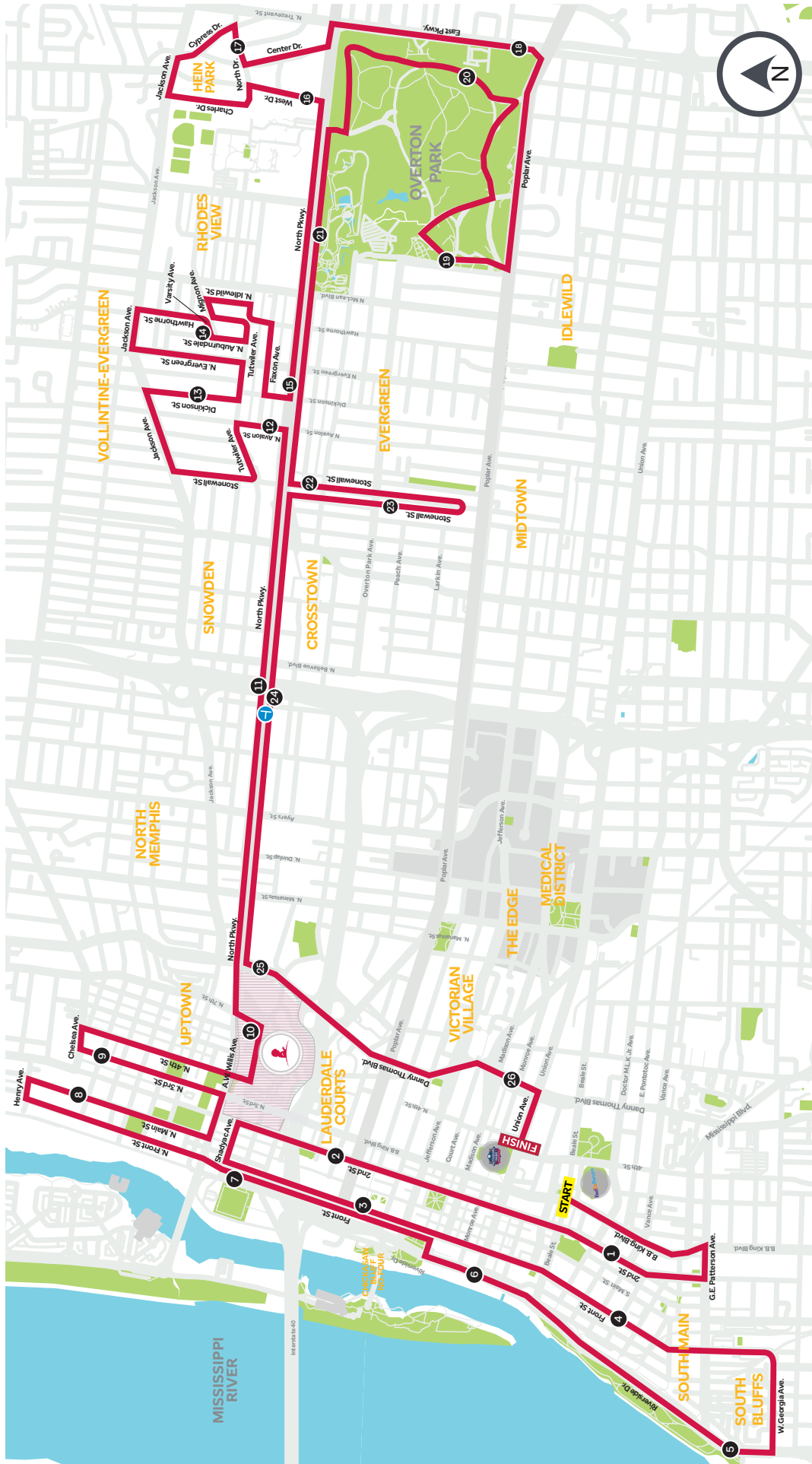
HALF MARATHON START: 8:00 a.m.

MAP KEY

1 Mile Markers

St. Jude Campus

# 2024 MARATHON COURSE MAP AND TURN-BY-TURN



**MARATHON START: 8:00 a.m.**

**MAP KEY**

**1** Mile Markers

 St. Jude Campus

 Half Marathon Split to Finish





# Thank you, Memphis, for your continued support!

SAVE THE DATE • SATURDAY, DECEMBER 6, 2025



**St. Jude** Memphis  
Marathon® Weekend

Presented by **juiceplus+**