



Requirements for the St. Jude Memphis to Peoria Run

- Depart Peoria on Tuesday, July 16, 2024. Motor homes transport all runners to Memphis. Runners arrive in Memphis around 4:00 PM for a runners' meeting and then can spend the evening exploring the city.
- The runners begin their run back to Peoria on Wednesday around 11:00 AM after completing a hospital experience and a send-off celebration in front of St. Jude Children's Research Hospital.
- Runners are divided into two teams: Blue and Gold. One team spends approximately 8 hours running relay-style until they meet up with the other team. That team then takes over running for the next 8 hours. This process continues day and night, rain or shine, until the runners reach Peoria on Saturday.
 - Gold Team runners run one 6-mile segment every 8 hours – they sign up for these 6-mile segments prior to beginning the journey.
 - Blue Team runners run anywhere from one to three 3-mile segments every 8 hours. They sign up for these segments at the beginning of each 8-hour run period.
- Chefs travel with the runners and provide meals during the entire trip.
- Plan to run approximately 50 miles in a 4-day time period. Do not anticipate getting much sleep. The route is based on running 10-minute miles.
- This is a fundraising event, and you are required to raise a minimum of \$3,000 to participate (\$2,500 if immediate family member is also participating). Most runners raise more than this amount. You will be provided with tools to help with your fundraising.
- Upon arrival in Peoria on Saturday evening, you will meet with thousands of runners from satellite runs from other cities and everyone will run together, by cities, in the St. Jude Runners' Parade. The parade concludes in the Peoria Civic Center, where there will be a Runners' Reception and Telethon.
- All runners are expected to help on Sunday morning with the cleaning on the motor homes at Bob Lindsay Rentals and should be finished by noon on Sunday.

Definition of Participation in the St. Jude Memphis to Peoria Run

- Participation in the Memphis to Peoria Run requires the individual's presence on the Run trip, starting with the Tuesday morning send-off through Sunday morning's motorhome/vehicle clean-up session.
- Any individual not able to participate for the full duration of the trip can register as a Memphis Run "Fundraiser", and it will NOT be considered a "Year on the Run". Fundraisers are not assigned to a motorhome and do not receive a gear-bag at the Final Run Meeting.
- Runner must ride in their assigned motorhome to Memphis. (No family members are permitted to ride to Memphis in the motorhome)
- Any request to deviate from this rule must be submitted in writing to a Run leader, which may be considered for accommodation by the St. Jude Runners Association Executive Board.

This event is extremely heartwarming. You will meet wonderful people, all participating for various reasons. Expect lots of nice surprises during the event. This unique experience is well worth the effort.

