



***Sold out St. Jude Memphis Marathon Weekend announces anticipated traffic delays for morning of Dec. 5***

*Mid-South drivers encouraged to plan ahead as more than 15,500 runners and walkers take to the street in downtown Memphis for races benefiting St. Jude*

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**MEMPHIS, TENN. (November 30, 2009)** – The sold-out St. Jude Memphis Marathon Weekend races will produce heavy runner and walker activity that will affect traffic on the morning of Saturday, December 5. Mid-Southerners are encouraged to take alternate routes if they must travel the following areas during 6:00 a.m. – 2:30 p.m.:

<b>Times</b>	<b>High Traffic Areas</b>
6:00 a.m. – 7:45 a.m.	Third St. from Linden Ave. to Beale St.
6:00 a.m. – 11:30 a.m.	Fourth St. from Union Ave. to Linden Ave.
7:00 a.m. – 8:00 a.m.	Third St. from Beale St. to Jackson Ave.
7:00 a.m. – 2:30 p.m.	Fourth St. from Union Ave. to north of Monroe Ave.
7:15 a.m. – 8:30 a.m.	Union Ave. from Danny Thomas to Third St.
7:15 a.m.– 8:30 a.m.	Jackson Ave/Lauderdale from Third St. to Poplar Ave.
7:15 a.m. – 12:00 p.m.	Monroe Ave. from Manassas to Fourth St.
7:45 a.m.– 8:35 a.m.	Linden Ave. from Fourth St. to Second St.
8:00 a.m.– 8:45 a.m.	Second St. from Linden Ave. to G. E. Patterson
8:00 a.m. – 9:00 a.m.	G. E. Patterson from Second St. to Front St.
8:00 a.m. – 9:00 a.m.	Front St. from G.E. Patterson to Georgia Ave.
8:00 a.m.– 9:00 a.m.	Georgia Ave. from Front St. to Riverside Dr.
8:00 a.m.– 9:30 a.m.	North bound lanes of Riverside Dr. to Beale St.
8:00 a.m.– 9:45 a.m.	Beale St. from Riverside Dr. to Third St.
8:15 a.m. – 10:30 a.m.	Poplar Ave. from Third St. to Front St.
8:15 a.m. – 10:30 a.m.	Third Street from Beale St. to Poplar Ave.
8:20 a.m. – 10:40 a.m.	Front St. from Poplar Ave. to Auction Ave.
8:25 a.m.– 11:00 a.m.	N. Parkway (east bound) to Overton Park
8:20 a.m. – 10:40 a.m.	Auction Ave. from Front St. to Second St.
8:20 a.m. – 10:40 a.m.	Second St. from Auction Ave. to Shadyac Ave.
8:20 a.m. – 10:40 a.m.	Shadyac Ave. from Second St. to Third St.
8:45 a.m. – 12:00 p.m.	Poplar (east bound) from Tucker St. to Dunlap St.
9:00 a.m. – 12:30 p.m.	Manassas from Poplar Ave. to Union Ave.
9:00 a.m. – 2:00 p.m.	Union Ave. from Manassas to Third St.
9:00 a.m. – 11:30 a.m.	Beale St. from Lauderdale Ave. to Main St.
9:15 a.m. – 11:30 a.m.	Main St. from Beale St. to Linden Ave.

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*Traffic Delays on Race Day*  
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<b>Times</b>	<b>High Traffic Areas</b>
9:15 a.m. – 12:00 p.m.	Linden Ave. from Main St. to Peabody
9:15 a.m. – 12:15 p.m.	Peabody from Somerville St. to Cooper Ave.
9:30 a.m. – 1:00 p.m.	Cooper Ave from Peabody to Young Ave.
9:30 a.m. – 1:00 p.m.	Young Ave. from Cooper Ave. to E. Parkway
9:45 a.m. – 1:00 p.m.	E. Parkway (south bound) from Young Ave. to N. Parkway
9:45 a.m.– 2:00 p.m.	N. Parkway (west bound) to Third St.
10:00 a.m. – 2:30 p.m.	Union Ave. from Danny Thomas to Fourth St.
12:30 p.m. – 1:30 p.m.	Third St. from Monroe Ave to Court St.
1:00 p.m. – 1:45 p.m.	Monroe Ave. from Danny Thomas to Fourth St.
1:00 p.m. – 1:30 p.m.	Court St. from Third St. to Danny Thomas

The St. Jude Memphis Marathon Weekend will welcome more than 15,500 runners and walkers in four races: marathon, half marathon, the Memphis Grizzlies House 5K and the inaugural St. Jude Memphis Family Race. All races benefit St. Jude Children’s Research Hospital®, one of the world’s premier pediatric cancer research centers. The St. Jude Memphis Marathon Weekend, presented by Juice Plus+®, is a collaborative effort between St. Jude and the Memphis Runners Track Club. For more information, visit [www.stjudemarathon.org](http://www.stjudemarathon.org).

**About St. Jude:**

St. Jude Children’s Research Hospital is internationally recognized for its pioneering work in finding cures and saving children with cancer and other catastrophic diseases. St. Jude is the first and only pediatric cancer center to be designated as a Comprehensive Cancer Center by the National Cancer Institute. Founded by late entertainer Danny Thomas and based in Memphis, Tenn., St. Jude freely shares its discoveries with scientific and medical communities around the world. St. Jude is the only pediatric cancer research center where families never pay for treatment not covered by insurance. No child is ever denied treatment because of the family’s inability to pay. St. Jude is financially supported by ALSAC, its fundraising organization. For more information, please visit [www.stjude.org](http://www.stjude.org).

**About the presenting sponsor:**

Juice Plus+® is an easy and inexpensive way to add nutrition from a wide variety of different fruits, vegetables and grains to your diet, everyday. It provides whole food based nutrition from 17 different fruits, vegetables and grains in convenient capsule, chewable or gummi form.

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