



For Immediate Release  
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## STUDENTS ON THE GO! PROGRAM PRESENTED BY STAENBERG FAMILY FOUNDATION PREPARES AREA STUDENTS TO RUN GO! ST. LOUIS HALF MARATHON EVENT

### *More than 325 High School Students and Educators Set to Run in April 12 Race*

ST. LOUIS, March 9, 2015 – GO! St. Louis, a local non-profit organization that presents fitness events and programs in the St. Louis region announced today that more than **325 high school students** and **school administrators from 13 local schools** will be part of the fitness and character-building **Students on the GO!** program, which is presented by the Staenberg Family Foundation, and supported by Emerson, Missouri Lottery, Anthem Blue Cross Blue Shield and Chipotle Mexican Grill. The team-based program, now in its fifth year continues to attract new students and schools each year. Students on the GO! is one of the organization's multiple programs aimed at fighting youth obesity, while also encouraging overall fitness and health.

**Students on the GO!** prepares high school students to run or walk the annual GO! St. Louis Half Marathon, which is set for Sunday, April 12. Participating students, along with educators have been attending training sessions since November in preparation for reaching their 13.1 mile goal. In addition to a training program led by GO! St. Louis staff each weekend, students have been mentored on the benefits of goal-setting and eating a nutritious diet. Also, participants earn incentives for attendance such as running shoes, a running jacket, and a technical running shirt.

A scholarship component was added last year for high school seniors, where participating students can apply to receive a \$1,000 scholarship. Interested students must complete a process that includes maintaining a 3.0 grade point average, recording a 92% attendance rate, an essay, 40 service hours and an educator recommendation. Scholar athlete winners will be selected by a committee of peers, with the winners announced in April at a dinner ceremony.

"This program continues to grow each year, as it has expanded from one school in year-one, to hundreds of participants from 13 schools, who now participate year-round" said Nancy Lieberman, GO! St. Louis president. "Students on the GO! is at the heart of our organization's mission of educating and training young students to make physical fitness and nutrition a lifetime goal."

In 2015, GO! St. Louis is partnering with 13 St Louis area high schools: **Cleveland NJROTC, Gateway STEM, Jennings, Lindbergh, McCluer North, Mehlville, Metro Academic & Classical, Oakville, Parkway**

**Central, Parkway North, Pattonville, Ritenour and University City** to complete the Students on the GO! program.

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For additional information on Students on the GO!, visit <http://gostlouis.org/community/students-on-the-go/>