



LODGING | DINING

Drury Inn & Suites St. Louis Brentwood

Location: [MAP](#)

8700 Eager Rd.

Brentwood, MO 63144

druryhotels.com/bookandstay/newreservation/?groupno=2431854

Lunch options near hotel after F3 Grow School

Bonefish Grill

Seafood & steak

8780 Eager Rd, Brentwood, MO 63144

Distance from Drury Inn & Suites: 289 feet; 1 min

OB Clarks

Sports bar for pizza, wings and beer

1921 S Brentwood Blvd, Brentwood, MO 63144

Distance from Drury Inn & Suites: 0.5 mile; 2 min

First Watch

Breakfast cafe chain

1507 S Brentwood Blvd, Brentwood, MO 63144

Distance from Drury Inn & Suites: 0.3 mile; 3 min

Chick-Fil-A

fast food chicken sandwiches and strips

8590 Eager Rd, Brentwood, MO 63144

Distance from Drury Inn & Suites: 0.5 mile; 5 min

Maggiano's Little Italy

semi-upscale classic Italian food

#2 The Blvd, Richmond Heights, MO 63117

Distance from Drury Inn & Suites: 0.7 mile; 5 min

Subway

Sandwich shop

8424 Eager Road, Brentwood, MO 63144

Distance from Drury Inn & Suites: 0.6 mile; 3 min

Mai Lee

Vietnamese & Chinese staples

8396 Musick Memorial Dr, Brentwood, MO 63144

Distance from Drury Inn & Suites: 0.6 mile; 4 min

Revel Kitchen

locally sourced juices, bowls and wraps,

friendly to dietary restrictions

8388 Musick Memorial Dr, Brentwood, MO 63144

Distance from Drury Inn & Suites: 0.6 mile; 4 min

Red Robin

Burgers and Beer

8115 Dale Ave, Richmond Heights, MO 63117

Distance from Drury Inn & Suites: 1 mile; 5 min

Twin Oak Wood Fired Pizza & BBQ

Pizza, pub grab and drinks

1201 Strassner Dr, Brentwood, MO 63144

Distance from Drury Inn & Suites: 1.2 miles; 4 min

Schlafly Bottleworks

Rustic brewery with pub, tours & music;

great patio

7260 Southwest Ave, Maplewood, MO 63143

Distance from Drury Inn & Suites: 2.8 miles; 10 min

SCHEDULE

16 FRIDAY, JULY 16

— **1800 (6pm CT): The Rally (2nd F Event)** —

Location: [MAP](#)

The Huck (Shaw Park)

Enterprise Holdings Pavilion

2 Mark Twain Cir

St. Louis, MO 63105

- Pick up your name tags at table

17 SATURDAY, JULY 17

— **0700 (7am CT): Kingbuilder (Workout)** —

Location: [MAP](#)

The Backyard (Tower Grove Park)

Just south of Cypress South Shelter

in Tower Grove Park.

3954 Main Dr.

St. Louis, MO 63110

— **0810 (810 am CT): Breakfast** —

- Chris' Cakes will be serving pancakes, sausage, juice and coffee

— **0900: F3 Grow School - will last est noon CT** —

Location: [MAP](#)

The Journey Tower Grove Reber Office

4900 Reber Pl.

St. Louis, MO 63139

- If you want to be more comfortable for G3L, bring another change of clothes. We will have garbage bags. You can identify them with another name tag you'll get at Rally or will have markers. Since we'll be the only one in building, can change in any restroom.

— **1800 (6pm CT): Ruck Event** —

Location: [MAP](#)

United Sports Legacy Training Center

102 Williams Rd.

Byrnes Mill, MO 63025

Ruck Event Conclusion on Sunday Morning.



GROWRUCK STL PACKING LIST

REQUIRED GEAR

- Rucksack (20L minimum suggested volume)
- 30lb weight (20lb weight if PAX weighs under 150lbs)
- 6L of water (combined total between hydration bladders and bottles) 3L needs to be fresh water without any drink mixes or additives.
- Headlamp w/ red light capabilities & 1 full set of extra batteries
- Reflective bands attached to Rucksack
- Carabiner suitable for climbing
- Photo Identification
- \$20 in cash
- Face covering that is capable of covering mouth and nose simultaneously
- Work Gloves

OPTIONAL GEAR

- Electrolyte mix or tablets
- Windbreaker/poncho/rain layer
- Hat
- Dry Bag
- Food/snacks - highly recommended
- First Aid/Blister Kit
- Extra Socks/Shirt
- Toilet Paper/Hand Sanitizer/Baby Wipes
- Duct Tape

PROHIBITED ITEMS

- Phone
- Watch
- Garmin or other satellite enabled devices
- Other Electronic devices