

# Columbia Track Club

## Colts Cross Country Team

Is your child interested in running? The Columbia Track Club sponsors a youth cross country team each fall.

Children ages 6-14 are welcome! All levels of experience are encouraged to participate, whether your child is brand new to the sport or a seasoned runner. Practice starts on Sunday August 13 at 4:30 p.m. at Stephens Lake Park. Our season concludes in early November. Meet on the south end of the lake at the top of the sled hill. Take the Broadway drive, keep left, second parking lot. A \$20.00 family membership in the Columbia Track Club is the only team cost. Uniforms will be provided by the track club for all participants.

Meets will be held throughout the season (location and times T.B.A.). We participate in the Central Missouri Athletics Circuit (CMAC) for our meets. Most meets are held in Columbia, Booneville, Fulton or Jefferson City. There is generally 1 meet per week and 1 encouraged group practice per week.

More information will be posted to the Columbia Track Club website ([www.columbiatrackclub.com](http://www.columbiatrackclub.com)) as we get closer to the start of the season or check out our Facebook Page (CTC Colts Cross Country).

Contact either Coach Dick Hessler ([HesslerR@missouri.edu](mailto:HesslerR@missouri.edu)) or Coach Beth Luebbering ([bal2run@hotmail.com](mailto:bal2run@hotmail.com)) if you have any questions.

We look forward to seeing you!

