

# 2021 COLUMBIA TRACK CLUB SCHEDULE

Date	Time	Event	Fee	Race Director	Start Location
Feb 6	9:00 am	<b>Nut Race 5K (46th annual)</b>	\$10 for non CTC member	Dick & Anne Hessler, 874-2906, <a href="mailto:hesslerr@missouri.edu">hesslerr@missouri.edu</a>	Reactor Park
Mar 20	9:00 am	<b>Runner's Choice 10K/20K Trail Run</b>	\$10 for non CTC member	Jeff Wells, 446-0717, <a href="mailto:lisawells@aol.com">lisawells@aol.com</a>	Rock Bridge State Park, upper lot, Billy Gilbert Shelter
Apr TBA	TBA	<b>Thursday Night Trail Races</b> <a href="https://www.facebook.com/groups/thursdaynighttrailraces/events">facebook.com/groups/thursdaynighttrailraces/events</a>	\$0	Shawn Goertz, <a href="mailto:sirshawn1972@gmail.com">sirshawn1972@gmail.com</a>	Various locations—Rock Bridge State Park, Three Creeks
Jun 2, 9, 16, 23, 30	5:45 pm	<b>Summer Youth Program (47th annual)</b> (five Wednesdays)	\$5 for all 5 weeks \$10 per family	Dick Hessler, 874-2906, <a href="mailto:hesslerr@missouri.edu">hesslerr@missouri.edu</a>	Rock Bridge High School Track
July 3	7:30 am	<b>Memorial Freedom Run 4-Mile (27th annual)</b>	Shirt fee	Newell Kitchen, 228-0879, <a href="mailto:kitchenn@missouri.edu">kitchenn@missouri.edu</a>	Boone County Government Center
Aug 7	7:00 am	<b>Great Sandbagger 5 mi (51st annual)</b>	\$0	Tony Taube, 239-6920, <a href="mailto:taubetony@gmail.com">taubetony@gmail.com</a>	Katy Trail at McBaine
Aug 8	4:00 pm	<b>Ice Cream Social</b>		Nancy Rezabek, Nancy Taube, 446-6467, <a href="mailto:rezabfw@aol.com">rezabfw@aol.com</a>	Bonnie View Nature Center
Sept 6	6:00 am	<b>Heart of America Marathon &amp; Relay (62nd annual)</b>	Marathon— \$65 until 7/4 \$75 after 7/4 \$85 after 7/31  Relay— \$125 until 7/4 \$150 after 7/4 \$200 after 7/31	Kathy Lee, <a href="mailto:comoheart1960@gmail.com">comoheart1960@gmail.com</a>	Boone County History and Culture Center/Nifong Park
Sept TBA	TBA	<b>Thursday Night Trail Races</b> <a href="https://www.facebook.com/groups/thursdaynighttrailraces/events">facebook.com/groups/thursdaynighttrailraces/events</a>	\$0	Shawn Goertz, <a href="mailto:sirshawn1972@gmail.com">sirshawn1972@gmail.com</a>	Various locations—Rock Bridge State Park, Three Creeks
Oct 2	50K— 7:00 am  25K— 8:00 am	<b>Rock Bridge Revenge 25K/50K</b>	\$40	Jeff Wells, 446-0717, <a href="mailto:lisawells@aol.com">lisawells@aol.com</a>	Rock Bridge State Park, upper lot, Billy Gilbert Shelter
Nov 7	2:00 pm	<b>CTC Annual Meeting</b>		<a href="mailto:columbiatrackclub@gmail.com">columbiatrackclub@gmail.com</a>	Daniel Boone Regional Library, Friends Room
Dec 4	8:30 a.m.	<b>Cheese &amp; Sauerkraut 10-Mile (46th annual)</b>	\$0	Dick Hessler, Randy Gay, 874-2906, <a href="mailto:hesslerr@missouri.edu">hesslerr@missouri.edu</a>	Katy Trail at McBaine

## Renew Membership and Register for CTC Races



Columbia Track Club uses [RunSignUp.com](https://www.runsignup.com) for both individual and family memberships and online race registrations. If you have a CTC family membership, your family members living in the same household are connected to your RunSignUp account. Memberships and renewals run 1 year from the date you last renewed or signed up. RunSignUp should send you a reminder before your membership expires so you won't miss out on our newsletters and other CTC benefits. You can renew your membership and donate to CTC through RunSignUp by visiting [ColumbiaTrackClub.com](https://www.ColumbiaTrackClub.com) and clicking on Join Us!

To register for races on RunSignUp, there is a schedule with registration links at [ColumbiaTrackClub.com](https://www.ColumbiaTrackClub.com). When registering for a race on RunSignUp for more than one person (friends or family) at a time, you will save on processing fees. Fees: Free races - \$0, \$.01 to \$249.99 — 5.8% + \$1.00; \$250 to \$999.99—4.8% + \$1.00; \$1,000+ — 3.9% + \$1.00

# COLUMBIA TRACK CLUB

## Membership information



*If you run, jog or walk, CTC is for you!*

CTC offers events for people of all ages and abilities.

### What we do:

Our aims are health, fitness and fun. We are a feel-good club. Usually, we run-jog-walk just for our own good, and we have plenty of activities for that indulgence. But as a club, we do a lot of other nice things:

- ♦ **Summer Youth Program:** This five-week program stresses personal improvement for kids ages 3 to 18. From June to July, more than 100 youth compete in running and walking events (ranging from 50-yard dash to 1-mile run) and field events.
- ♦ **CTC Colts:** The Colts are a competitive running team for kids ages 6 to 14. This program, part of the Central Missouri Athletics Circuit, promotes healthy activity and opportunities through running for boys and girls. The team practices together once a week in the fall and runs cross-country.
- ♦ **Scholarships:** CTC annually awards \$500 to \$1,000 scholarships to one male and female from each local high school. To be considered for the scholarships, students must be involved in either track & field or cross-country and be an active member of CTC where he/she has volunteered in various running/

walking events. The scholarships are funded by club memberships, club-sponsored events and private donations.

- ♦ **Community goodwill:** In 2001, CTC donated a water fountain to the MKT trailhead at Scott Boulevard. In addition, CTC lends a helping hand to several hospitals and charitable organizations.

### What's in it for you:

- ♦ As a member you'll receive an email newsletter highlighting the activities of the club, race results and area running and walking events.
- ♦ Individual or family can run Runner's Choice, Nut Race 5K, Great Sandbagger 5 miler, Cheese and Sauerkraut 10 miler and the Thursday Night Trail Races at no charge. (Limited funding is available to members for traveling expenses, as approved by the CTC Board of Directors. Funding is also available for education conducted by USA Track & Field.

### The Club:

Established in 1968, CTC is a not-for-profit organization that supports the competitive and recreational athlete. We are a member of the Missouri Valley Association of USA Track & Field, the governing body of track and field, racewalking and distance

**To join:** Annual dues are \$20, which covers all family members in the same household. Additional donations are welcome for the scholarship or equipment enhancement funds. Membership runs 1 year from date of renewal.

Renew online at [ColumbiaTrackClub.com](http://ColumbiaTrackClub.com) or send your name, birthdate, address, phone number, email and a list of all family members/birthdates/emails at this address, with your check to:

**Columbia Track Club  
P.O. Box 1872  
Columbia, MO 65205**

running.

The Columbia Track Club was awarded the 1999 Governor's Fitness and Health Leadership Platinum Organization Award, which recognized the club's focus on youth and community involvement.

### Information:

Want to know more? Contact [columbiatrackclub@gmail.com](mailto:columbiatrackclub@gmail.com) or visit [ColumbiaTrackClub.com](http://ColumbiaTrackClub.com) or join us on Facebook—[facebook.com/columbiatrackclub](http://facebook.com/columbiatrackclub)

