

2023 COLUMBIA TRACK CLUB SCHEDULE

Date	Time	Event	Fee	Race Director	Start Location
Jan 28	9:00 am	Runner's Choice Trail Run 10K/20K	\$10 for non CTC member	Becky Hennessy bhclabgirl@yahoo.com	Rock Bridge State Park, upper lot, Billy Gilbert Shelter
Feb 11	9:00 am	Nut Race 5K (47th annual)	\$10 for non CTC member	Dick & Anne Hessler, 874-2906, hesslerr@missouri.edu	Corporate Plaza Dr
Mar 11	30 mi:7am 20 mi:8am 10 mi:9am	Three Creeks Torrent Trail Runs 30 mi, 20 mi, 10 mi Facebook	\$60 - 30 mi \$50 - 20 mi \$40 - 10 mi	Ryan King, ryan-king@utulsa.edu	Three Creeks Conservation Area trailhead at end of Deer Park Road
Apr 6 to May 18	6:30 pm or 6:00 pm	Thursday Night Trail Races facebook.com/groups/thursdaynighttrailraces/events	\$0	Heather & Robbie Corcoran heathermrunner@icloud.com	Various locations—Rock Bridge State Park, Three Creeks
Jun 7, 14, 21, 28	5:45 pm	Summer Youth Program (49th annual) (four Wednesdays)	\$5 for all 4 weeks \$10 per family	Dick Hessler, 874-2906, hesslerr@missouri.edu	Location—TBD
July 4	7:30 am	Memorial Freedom Run 4-Mile (29th annual)	Shirt fee	Newell Kitchen, 228-0879, kitchenn@missouri.edu	Boone County Government Center
Aug 5	7:00 am	Great Sandbagger 5 mi (52nd annual)	\$0	Tony Taube, 239-6920, taubetony@gmail.com	Katy Trail at McBaine
Aug TBD to late Oct	5:15 pm	CTC Colts Cross Country facebook.com/CTCColtsCC	\$20 CTC membership	Rachel & Greg Blomquist, CTC.ColtsXC@gmail.com	Cosmo or Stephens Lake Park on Mon & Thurs evenings
Sept 4	6:00 am	Heart of America Marathon & Relay (64th annual) facebook.com/heartofamericamarathon	Marathon— \$TBD until 7/4 \$TBD after 7/4 \$TBD after 7/31	Colby Felton-Bettis comoheart1960@gmail.com Larry Flynn flynnlj10@gmail.com	Boone County History and Culture Center/Nifong Park
Sept to Oct	TBD	Thursday Night Trail Races facebook.com/groups/	\$0	Heather & Robbie Corcoran heathermrunner@icloud.com	Various locations—Rock Bridge State Park, Three
Oct TBD	TBD	CTC Annual Meeting and Member Appreciation Party		columbiatrackclub@gmail.com	TBD
Oct 14	50K— 7:00 am	Rock Bridge Revenge 25K/50K www.facebook.com/	\$50	Shawn Goertz, sirshawn1972@gmail.com	Rock Bridge State Park, upper lot, Billy Gilbert Shelter
Dec 9	8:30 a.m.	Cheese & Sauerkraut 10-Mile (48th annual)	\$0	Dick Hessler, Randy Gay, 874-2906, hesslerr@missouri.edu	Katy Trail at McBaine

Renew Membership and Register for CTC races



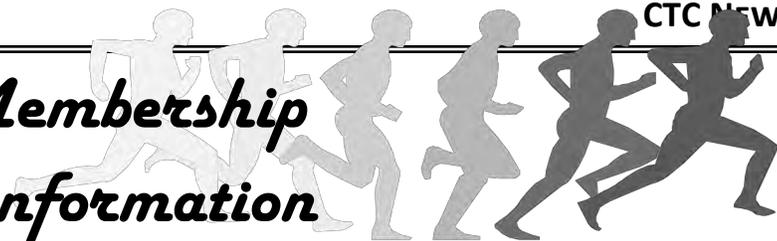
Columbia Track Club uses [RunSignUp.com](#) for both individual and family memberships and online race registrations. If you have a CTC family membership, your family members living in the same household are connected to your RunSignUp account. Memberships and renewals run 1 year from the date you last 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](#) and clicking on Join Us!

To register for races on RunSignUp, there is a schedule with registration links at [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.

Join our Facebook page— [facebook.com/columbiatrackclub](#)

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 four-week program stresses personal improvement for kids ages 3 to 18. Taking place in June, 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/Blue Thunder Track Club annually awards \$1,000 scholarships to one male and female from each local high school through the Community Foundation of Central Missouri. The scholarships are funded by private donations as well as CTC donations to the fund.
- ◆ **Community goodwill:** In 2001, CTC donated a water fountain to the MKT trailhead at Scott Boulevard. In addition, the Heart of America Marathon donates to Fisher House of Mid-Missouri, Rock Bridge Re-venge Trail Runs donates to the Co-

lumbia Missouri Trail Association and Friends of Rock Bridge Memorial State Park.

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 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 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 or visit ColumbiaTrackClub.com or join us on Facebook—facebook.com/columbiatrackclub

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 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

