

Cheese & Sauerkraut 10 miler:

Jardyn Angell (cheese) and Allan Benjamin (sauerkraut)
Tom May (not pictured - tied with Jardyn for cheese)

Upcoming Events**January 20, 2024**[ROC 7K Trail Run](#) / [Facebook](#)**January 27, 2024 (CTC Event - Registration Open - Please pre-register)**

Online registration is open for Runner's Choice! Swag is back for 2024 so the charge is \$10. Runners are encouraged to sign up in advance. The deadline to sign up is January 26. Click on the link below to sign up.

[Runner's Choice 10K/20K Trail Run](#) / [Facebook](#)**February 17, 2024 (CTC Event)**[Nutrace 5K](#) / [Facebook](#)**February 17, 2024**[Flat Branch Ultra 50K](#) / [Facebook](#)**February 17, 2024**

[Stonegrinder 7K Trail Run](#)

March 9, 2024 (CTC Event - Registration Open)

[Three Creeks Torrent Trail Runs 10 mi, 20 mi, 30 mi / Facebook](#)

June 28 - 29, 2024

[Zou Mania 2.8 mi, 10K, 5K, 1 mi, Zou Maniac, Team Events / Facebook](#)

July 4, 2024

[Parley P Pratt Freedom Run / Facebook](#)

August 3, 2024

[Great Sandbagger 5 mile / Facebook \(check back later\)](#)

September 2, 2024 (CTC Event)

[Heart of America Marathon & Fun Team Relay / Facebook](#)

October 12, 2024 (CTC Event - Registration Open)

[Rock Bridge Revenge Trail Runs 25K/50K / Facebook](#)

For a complete calendar with more races, online registration, and entry forms visit the [Columbia Track Club](#) website.

[Running/Training Groups](#)

Heart of America Marathon Donations

The Heart of America Marathon has donated \$2,500 to [Friends of Mid-Missouri Fisher House](#) and \$500 to the [Boone County Historical Society](#).

Salina Crossroads Marathon (The Most Runner Friendly Marathon in Kansas) for Running Clubs - CTC has 5 Free Entries

As part of a Challenge Goal of 1,000 registered runners by March 31st, the Salina Crossroads Marathon is providing Columbia Track Club with 5 free entries. The first 5 people to contact us will receive a link to register at no charge. Please only request the link if you are planning to sign up immediately.

After the free entries are giving out there are additional discounted entries available to anyone through March 31. Register at <https://register.chronotrack.com/r/77705> by March 31st and the entry fee for any of the seven events is only \$5.00 (purchasing a race shirt is optional this year and is an additional \$20.00).

The 5K, half marathon, and marathon will be USATF Certified. There will be small changes made to last year's course.

Registered runners have the option to change their race distance at any time, defer entries to the following year, and there is race day packet pickup.



Membership Dues:

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](#).

Please email any submissions to columbiatrackclub@gmail.com for consideration. If approved, they will be sent with our next email. We are no longer publishing the PDF newsletter format.

Columbia Track Club

Columbia, MO

Contact Club