

## Nutrace 5K

The temperature at the 9:00 a.m. start was 15F with a wind chill of 8F, real Nut Race weather. Forty-five hearty souls started and 43 finished all three loops. The clear skies and road made for fast, but brutally cold racing, enhanced by two bare-legged runners, a singlet clad one, and one guy in a costume. Thirty runners were from the University of Missouri Running Club, a talented and most pleasant group to be sure. The cold put the Seiko watch out of commission after the 22nd runner, so hopefully people ran personal watches and recorded their times. If I recall college physics, ions in batteries come to a majestic halt in very cold temperatures, thereby absolving Thom Allen, the most experienced and accurate hand-held timer extant, from personal responsibility in the matter.

Kaitlin Shea finished 6 th and won the women's division in 18:10.1 while Matthew Griffith took the men's in 15:57.9. Master's runners Tony Rigdon (20:14.7), Mark Keys (21:05.2), Andy Emerson (22:12.7), Hugh Emerson, Kurt Kennett, and Paula Rawlings, ran great races.

Special thanks to Thom Allen for timing, Anne Hessler for recording results, and Tom May for certifying the course last year, and for re-marking the start and finish lines for this year's race.

## Results




## Upcoming Events

**March 9, 2024 (CTC Event - Registration Closes on March 7)**  
[Three Creeks Torrent Trail Runs 10 mi, 20 mi, 30 mi / Facebook](#)



**March 10, 2024**  
[Tiger Tri](#)



# **TIGER TRI**

## **SUNDAY, MARCH 10**


**CHECK-IN: 8 A.M.**  
**FIRST HEAT: 8:30 A.M.**  
**AT MIZZOUREC**

**FEE: \$40**


**500 METER SWIM**  
50 meter pool

**10 MILE BIKE**  
Stationary bikes set up on court

**3 MILE RUN**  
Stankowski Field  
*(Inclement weather location: indoor track)*



**MIZZOU**  
**CLUBSPORTS**  
TRIATHLON

REGISTER:  
  
MIZZOU.US/  
TIGER-TRI

**April 4 to May 9, 2024 (Thursdays)**

Thursday Night Trail Race Series - Check out [CTC Calendar](#) or TNTR [Facebook Page](#)

**April 19 - 20, 2024**

[The 24 Hour Lions Roar \(1 hr cub - ages 5 - 14, 6 hr, 12 hr, and 24 hr\)](#)

**April 27, 2024**

[Molly's Miles 5K, 10K](#)

**May 3 - 4, 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 - Registration Open)**  
[Heart of America Marathon & Fun Team Relay / Facebook](#)



**October 12, 2024 (CTC Event - Registration Open)**  
[Rock Bridge Revenge Trail Runs 25K/50K / Facebook](#)



**December 7, 2024**  
[Cheese & Sauerkraut 10 miler / Facebook \(check back later\)](#)

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**

Roses are red, violets are blue,  
But forget the flowers, you've got a race to pursue!  
Labor Day looms, miles to conquer in stride,  
Love may hurt, but this marathon's our pride!  
So here's to sweating, not just in love, but in miles,  
Join us in the race, where heat, hills and humidity beguiles!"

Registration for the 2024 [Heart of America Marathon and Fun Team Relay](#) is open!

Heart of America Marathon is looking for a Volunteer Coordinator. If you are interested, please contact [columbiatrackclub@gmail.com](mailto:columbiatrackclub@gmail.com).

### **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.

## Salina Crossroads Marathon

26.2 13.1 5K Kids Fun Run Team Relays

Challenge Goal: 1000 Registrations by March 31st!



### **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](mailto: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**