



Columbia Track Club

Sign Up

Columbia Track Club - Notes and News - April 1, 2024

Thursday Night Trail Race Series

The first race of the TNTR series begins on Thursday, April 4. The first race is 3ish miles of single track at Three Creeks Conservation Area, Deer Park Trail Head, starting at 6:30 pm. A rep from On will be there with shoes that you can try out! Google [map](#) for directions. Click the button below to learn more!

We encourage runners to bring their dogs! We will have another DOG DIVISION for the spring series. The doggie winner will receive a gift card to [Lizzi & Rocco's Natural Pet Market](#).

[Learn More](#)

Heart of America Marathon & Fun Team Relay (CTC Event)

Are you ready to lace up your sneakers, channel your inner Forrest Gump, and hit the pavement for the 2024 Heart of America Marathon on Labor Day?

Before you sprint away from this opportunity, listen up! You're on the brink of saving some serious dough. That's right, we're talking about the sweet spot before the price hike post-Memorial Day.

You know what's scarier than a hill at mile 20? Paying more than you have to for this epic race! But fear not, we've got your back.

Secure your spot now, and you'll be dancing (or perhaps limping) to the finish line with a smile on your face and some cash left in your pocket.

So, what are you waiting for? Don't let procrastination be the only thing you're racing against. Sign up today, and let's make this marathon legendary!

The marathon is \$75 and the relay is \$50 per person. Price increases to \$95 for marathon and \$65 per person for relay on May 28!

If you'd like to volunteer, send an email to comoheart1960@gmail.com.

More Info



Rock Bridge Revenge Trail Runs

Ready to embark on an adventure that'll have you feeling like a mix between Indiana Jones and a caffeinated squirrel? Well, hold onto your hydration packs because the Rock Bridge Revenge Trail Runs are back on October 12, 2024, and this time, we've got chips! No, not the kind you snack on during mile 10 (though those are important too), but the kind that will time your epic journey through the trails.

Join us for a day filled with scenic views, possibly muddy shoes, and maybe even a few unexpected encounters with nature (hey there, Mr. Squirrel!). Plus, with chip timing this year, you'll know exactly how fast you can outrun that bear (just kidding, no bears here).

So, dust off those trail shoes, stretch out those calf muscles, and get ready to conquer the wilderness like a boss. Sign up now before it's too late, and let's make some muddy memories together!

See you at the starting line!





Featured Non-CTC Event - Lions Roar! - April 19 - 20

Are you ready to unleash your inner jungle beast and conquer the wild world of endurance running? Because guess what? The 24 Hour Lions Roar is back, and it's fiercer than ever!

But hold onto your mane, my friend, because this year, we've got something for everyone - whether you're a marathon maniac or a cub just learning to roar. That's right, introducing not just one, not two, but five epic runs:

🕒 24-Hour Lion Roar: For those brave souls who laugh in the face of time and are ready to run like the wind for a full day straight! 🕒 12-Hour: Perfect for those who want to test their endurance but also enjoy a good night's sleep... eventually. 🕒 6-Hour: Calling all mid-distance warriors! Get ready to prowl through the jungle and show off your stamina. 🕒 24-Tag Team: Teamwork makes the dream work! Grab your teammate and take on the 24-hour tag team relay. 🕒 1-Hour Lion Cub Run: Hey, even the mightiest lions started out as cubs! This one's for our young (5-14), energetic cubs ready to take on their first roar.

So whether you're a seasoned lion or a fresh-faced cub, there's a run with your name on it. And let's be honest, who wouldn't want to spend a day (or an hour) feeling like the king or queen of the jungle?

Don't miss out on this opportunity to join the pride and roar your way to glory. Sign up now before the stampede begins!

[More Info](#)



Other Upcoming Events

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](#)

May 11, 2024

[Capital City Race \(5K, 10K, Half Marathon\)](#) / [Facebook](#)

June 8, 2024

[In2Action Trail Half Marathon/3 mile](#) (registration coming on UltraSignUp this week)

July 4, 2024

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

August 3, 2024

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

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](#)

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 at columbiatrackclub@gmail.com 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!



CTC Summer Youth Program

The CTC Summer Youth Program online registration will open on May 1, 2024. The program will take place at the Rock Bridge High School Track, 5:45 pm starting June 5th every Wednesday for 4 weeks. For all 4 Wednesdays you will pay \$5 per child up to a max \$10 per family when you register online. You will check in and pick up your child's name tag(s) on the first night you attend. You will also check in and obtain a name tag each additional night you attend.

[More Info](#)



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 by clicking the button below.

[Join or Renew](#)

CTC Submissions

Please email any submissions to columbiatrackclub@gmail.com for consideration. If approved, they will be sent with our next email.



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