



Columbia Track Club

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## Columbia Track Club - Notes and News - May 1, 2024

### CTC Summer Youth Program - Registration Open

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/Sign Up](#)

## Thursday Night Trail Race Series

The TNTR series began on Thursday, April 4. There are 2 races remaining - May 2 and May 9. The [race](#) on May 2 begins at 6 pm at 7101 S Raylea Ln. The last of the spring series will be held on May 9 at 6:30 pm at Three Creeks Conservation Area ([Map](#)). Bring a light since it could be dark before you finish. There will be a potluck after so please bring a side or dessert to share.

[Learn More](#)


## Sign up for Heart of America Marathon & Fun Team Relay Before Prices Go Up

Quick heads-up: the countdown to a heart-pounding adventure is on! 124 days! 🚀

But before you hit the snooze button on signing up for the Heart of America Marathon and Fun Team Relay, prices are about to do the limbo dance in just 27 days... and they won't be bending backward! 🏃💰

Here's the scoop: After Memorial Day, those prices are going to pull a Houdini act and disappear faster than motivation to exercise on a Monday morning! Poof! 🌀

So, if you're ready to lace up those sneakers, unleash your inner Usain Bolt (or at least your inner sloth-on-a-treadmill), and join the craziest, funkiest, and one of the most challenging races in Columbia, now's the time! 🏆🏃

But hey, don't just take our word for it. Grab your pals, your running shoes, and a healthy dose of determination, and let's make some memories together! 🏆👉

Sign up now before your wallet starts giving you the evil eye! 😬👁️

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](mailto:comoheart1960@gmail.com).

[More Info/Sign Up](#)



## Rock Bridge Revenge Trail Runs - October 12, 2024

Now, before you start sweating bullets (or maybe that's just the anticipation), here's the scoop: We've got a mere 164 days standing between you and 50 or 25 kilometers of pure, unadulterated trail magic! 🌟 But hey, who's counting, right? Oh, wait, we are... because we've only got space for 175 of the bravest souls out there!



So, if you've ever dreamt of channeling your inner Forrest Gump, or if you simply thrive on the adrenaline rush of conquering Mother Nature's obstacle course, then lace up those sneakers and get ready to leave your comfort zone in the dust! 🏃

Just picture it: You, the rugged terrain, and 25K or 50K of unforgettable adventure. It's like the ultimate recipe for an epic story to tell your grandkids! 🧑 🧑

But hey, don't let FOMO (Fear Of Missing Out) get the best of you. Secure your spot at the starting line before it's too late and your only option for adventure is another Netflix marathon! 📺 🎁

Trust us, your future self will thank you for it... once they've stopped hobbling, that is! 😊

Ready to rumble? Let's do this!

See you on October 12th, trailblazers!



[More Info/Sign Up](#)

## Featured Non-CTC Event - In2Action Half Marathon & 5K - June 8, 2024

This is a non-competitive "fun run" to benefit [In2Action](#). There will be up to 150 participants including volunteers and runners. Three mile and half marathon options will be provided on a well-marked course, mainly trails, through Rock Bridge State Park starting and ending at the upper parking lot. Volunteers will be posted throughout the course to monitor and direct runners. Additional volunteers will be in and around the parking lot before, during, and after the run to monitor and support participants and spectators.



[Sign Up](#)



## Other Upcoming Events

**May 3 - 4, 2024**

[TriZou for MS Triathlon & 5K](#)

**May 11, 2024**

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

**June 5 - 26 (Wednesdays), 2024**

[CTC Summer Youth Program](#) / [Facebook](#)

**June 8, 2024**

[In2Action Trail Half Marathon/5K](#)

**June 8, 2024**[Show Me State Senior Games Track & Field](#)**June 9, 2024**[Show Me State Senior Games 5K Road Race/5K Race Walk](#)**June 15, 2024**[Hope for Heroes 5K](#) / [Facebook](#)**June 28 - 29, 2024**[Zou Mania 2.8 mi, 10K, 5K, 1 mi, Zou Maniac, Team Events](#) / [Facebook](#)**July 4, 2024 (Free Event - Registration Deadline - July 2)**[Parley P Pratt Freedom Run](#) / [Facebook](#)**July 20-21, 2024**[Show Me State Games Track & Field](#)**July 27, 2024**[Heart of America Training Run #1 \(BCHCC - 14.5 miles\)](#)**July 27, 2024**[Show Me State Games Cross Country 2K/5K](#)**July 28, 2024**[Show Me State Games 5K/10K Road Race/5K Race Walk](#)**August 3, 2024 (CTC - Free Event)**[Great Sandbagger 5 mile](#) / [Facebook](#)**August 17, 2024**[Heart of America Training Run #2 \(Devils Ice Box - 17 miles\)](#)**September 2, 2024**[Heart of America Marathon & Fun Team Relay](#) / [Facebook](#)**October 12, 2024**[Rock Bridge Revenge 25K/50K](#) / [Facebook](#)**November 9, 2024**[Mighty Missouri Relay, 45 Miles+, Marathon, Half Marathon, 10K, 5K](#)**December 7, 2024 (CTC - Free Event)**[Cheese & Sauerkraut 10 miler](#) / [Facebook](#)

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](mailto: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!**

**START/FINISH**

8:00:00

**November 2, 2024-Salina, KS**

The image shows a promotional banner for the Salina Crossroads Marathon. The banner is black with yellow and white text. It lists the race distances: 26.2, 13.1, 5K, Kids Fun Run, and Team Relays. Below this, a white rounded rectangle contains the text 'Challenge Goal: 1000 Registrations by March 31st!'. Below the banner is a photograph of the start/finish line of the marathon. A large blue banner with white text reads 'START/FINISH'. To the right, a digital clock displays '8:00:00'. A large group of runners is gathered at the start line, ready to begin the race. The date 'November 2, 2024-Salina, KS' is printed at the bottom of the photo.

## 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.

A blue rectangular button with rounded corners and a white border. The text "Join or Renew" is centered in white.

## CTC Submissions

Please email any submissions to [columbiatrackclub@gmail.com](mailto:columbiatrackclub@gmail.com) for consideration. If approved, they will be sent with our next email.



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