

Race Results:

[2023 Cheese and Sauerkraut 10 miler](#)

Upcoming Events

January 20, 2024

[ROC 7K Trail Run / Facebook](#)

Runner's Choice - January 27, 2024 (CTC Event)

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

[Nutracer 5K / Facebook](#)

February 17, 2024

[Flat Branch Ultra 50K / Facebook](#)

February 17, 2024

[Stonegrinder 7K Trail Run](#)

March 9, 2024 (CTC Event)

[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 (Registration opens January 1, 2024 - website to be updated soon)

[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](#)

Columbia Track Club Board Meeting Notes

Date: November 15, 2023

Location: Kelley residence

Attendance: Beth Kelley, Ryan King, Larry Flynn, Greg Blomquist, Karen Hodges, Jim Lootens-White, Becky Hennessey, Nancy Yaeger, Allan Benjamin

Start time: 6:30pm

Club finances

- Ryan King reviewed club finances and membership. There are currently 111 individual and family memberships for a total of 248 members. Club races all made profits this year. He noted music should be licensed event-by-event from BMI/ASCAP (\$300). He renewed the club's P.O. box for \$180, but debated whether we could use a board member's address and save money.

Heart of America

- Larry Flynn reviewed outcomes and ideas for Heart of America marathon. The race made a \$12,000 profit in part from a \$6,000 donation from Boone Health. He said the directors plan to increase donations to Fisher House and Boone County Historical Society next year. In addition to several adjustments to streamline the event, a new awards party later in the afternoon or evening at a restaurant is also planned for the 2024 race. Recertifying the course post hoc to accommodate the creative start most runners took this year was not possible.

Rockbridge Revenge

- Those in attendance discussed the race in the absence of the race director. There were some mechanical problems with the timing system but they were eventually worked out.

Colts

- Greg Blomquist reviewed the role of the club supporting the Colts youth cross country team noting it takes about \$2,000 a season to cover league registration, meet fees, and equipment expenses. Karen Hodges asked about volunteer opportunities. Blomquist noted adult and high school aged volunteers were welcome, but they'd need to be screened for SafeSport concerns.

Review of upcoming races

- The board discussed 4 upcoming events: Cheese & Sauerkraut (Dec. 9), Runner's Choice (Jan. 27), 3 Creeks Torrent (Mar. 9), and the Thursday Night Trail Run series (Apr.-May).

Volunteer opportunities

- Beth Kelley noted the club could promote volunteer opportunities related to running in the area (e.g. COMOTA trail development and repair, and the cross country races at the Gans course). Posting volunteer requests on Facebook and sending out via email were suggested, though the requests often arrive close to the date of the event. The futures of the non-CTC races, Roots 'n' Blues 1/2 marathon and Flat Branch ultras, were also discussed.

Club logo & merchandise

- Greg Blomquist had previously asked about club merchandise and logo (see Nov. 2022 minutes). The board remained positive about pursuing a new logo and "on demand" store.

Race directors and club board positions

- Board members discussed adding race directors to the club board of directors. Ryan King noted the bylaws would have to be amended to accomplish this. Beth Kelley suggested inviting directors to board meetings for input rather than requiring them occupy a position on the board.

Future Board Meetings

- Beth Kelley suggested the board meet more frequently (quarterly?).

Finished: 7:45pm (Greg Blomquist, Secretary)

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