

St. Louis Track Club offers events all year

Many of these SLTC events
are discounted (or free!)
for SLTC members.

HALF MARATHON

First Sunday in November

FROSTBITE SERIES

December-February

ROAD SERIES

April-May

TRACK SERIES

May-June

PACE SERIES

June-September

FALL MARATHON TRAINING

June-September

CROSS COUNTRY KICK-OFF

July

Social events

SLTC ANNUAL BANQUET

February

SLTC ANNUAL PICNIC

June



Saint Louis Track Club

6136 Southwest Avenue
St. Louis, MO 63139
www.stlouistrackclub.com
314-781-3926

Membership Information



www.stlouistrackclub.com

314-781-3926

sltcoffice@yahoo.com

Top 10 Reasons to Join the SLTC

1. **Track Club is for everyone** - not just elite runners. NO MATTER what one's ability, there is a place for you in the St. Louis Track Club.
3. **Members pay a reduced rate at St. Louis Track Club events.** Annual dues are only \$30 for the entire family.
4. **We sponsor numerous events** throughout the year for people of every age and ability: the Frostbite Series, a spring Road Series and Track Series, summer Pace runs and Wednesday night informal runs in Forest Park.
5. Our **16-week Marathon Training program is free for members** and includes weekend runs throughout the St. Louis area and informal advice from veteran members.
6. We provide **support to local youth and health-oriented programs**, including honoring an All-Metro High School Cross Country Team at the SLTC's annual awards banquet.
7. Members receive the **Track Time News** monthly newsletter, which offers a complete calendar of upcoming events, results of club races, entry forms, and interesting articles.
8. **Stlouistrackclub.com** offers race results, a calendar of activities, pictures and links to running paths and other clubs in the area.
2. We are a nonprofit group with nearly 1,000 members. **Being a member gives you a chance to give back to the sport** and the satisfaction that you are building opportunities that encourage others to take up a healthful lifestyle.
9. We hold **bimonthly open meetings** that have relevant programs and speakers and have an annual picnic that's free for members.
10. St. Louis Track Club **logo apparel is available at reasonable prices.**



Membership Application

Annual memberships are \$30 and include the family, so be sure to complete information for each family member. Membership is for the calendar year (Jan. 1-Dec. 31)

Name: _____
Gender: _____ Date of birth: _____
Address: _____
City/State/Zip: _____
Home phone: _____ Email address: _____

Other household family members

Name: _____
Gender: _____ Date of birth: _____
Name: _____
Gender: _____ Date of birth: _____
Name: _____
Gender: _____ Date of birth: _____

Do you want your information printed in our membership roster? yes no

Return this form with your payment for \$30 to

St. Louis Track Club, 6136 Southwest Avenue, St. Louis, MO 63139

Registration is also available online at stlouistrackclub.com (click on 'Join Us')

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- The St. Louis Track Club is a nonprofit organization established in 1970 to promote and encourage running as a sport and a healthful exercise and to educate the community to the beneficial value of a physical fitness program.
 - Bimonthly open meetings are held the first Thursday of every other month at the Forest Park Visitor's Center.
 - SLTC running gear is available for purchase at the SLTC office weekdays from 8 am to noon.
 - The Track Club helps with more than 100 events a year. If you would like to volunteer for any of these events, please contact sltcoffice@yahoo.com or 314-781-3926 or go to www.stlouistrackclub.com/volform2.htm.