

## **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



6136 Southwest Avenue  
St. Louis, MO 63139  
[www.stlouistrackclub.com](http://www.stlouistrackclub.com)  
314-781-3926

## **Membership Information**



[www.stlouistrackclub.com](http://www.stlouistrackclub.com)

314-781-3926

[sltcoffice@yahoo.com](mailto: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](http://stlouistrackclub.com) (click on 'Join Us')

- 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 the SLTC office weekdays from 8 am to noon.
- The SLTC provides a 24-hour race information line at 314-781-3726.
- The club provides more than 100 events a year. Each member is asked to work at least one SLTC event per year.