

St. Louis Track Club offers events all year

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

ST LOUIS HALF MARATHON

First Sunday in November

MARATHON RELAY

Third Saturday in November

FROSTBITE SERIES

December-February

PACE SERIES

June-September

FALL MARATHON TRAINING LONG RUNS

June-October

CROSS COUNTRY KICK-OFF

August

CORPS OF DISCOVERY TRAIL RACE

High

SOCIAL EVENT

SLTC ANNUAL BANQUET

A UFW



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

314.781.3926
sltcoffice@yahoo.com
www.facebook.com/saintlouistrackclub
twitter.com/STLTrackClub



Membership Information

Enjoy:

- Activities for all ages and levels of runners and walkers
- Member discounts on SLTC events
- Marathon training runs
- Monthly newsletter
- And more ...

For just \$30 a year per household

www.stlouistrackclub.com

314.781.3926

sltcoffice@yahoo.com

Top 10 Reasons to Join the SLTC

1. **Track Club is for runners and walkers of all ages and levels.** From marathoners to walkers of all speeds, the SLTC has an event for you.
2. **Members pay a reduced rate at St. Louis Track Club events.** Up to \$15 per event, and annual dues are only \$30 for the family.
3. **We sponsor numerous events** throughout the year for every age and ability, including the Frostbite Series, a spring Road Series and Track Series, summer Pace Series and Wednesday night informal runs in Forest Park.
4. Our **16-week Marathon Training long run program is free for members** and includes weekend runs throughout the St. Louis area and informal advice from veteran members.
5. 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.
6. Members receive the **Track Time News** newsletter.
7. **Stlouistrackclub.com** a calendar of activities, pictures and links to running paths and other clubs in the area.
8. We are a nonprofit 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 **monthly social runs** and quarterly **open board 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

An annual membership is \$30 and includes all household members, so please include information for each member of your family. Membership is for 12 months



Name: _____

Email address: _____ Gender: _____

Phone number: _____ Date of birth: _____

Address: _____

City/State/Zip: _____

Other household family members

Name: _____

Gender: _____ Date of birth: _____

Name: _____

Gender: _____ Date of birth: _____

Name: _____

Gender: _____ Date of birth: _____

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')

- The St. Louis Track Club is a nonprofit organization established in 1970 to promote and encourage running as a sport and healthful exercise and to educate the community to the beneficial value of a physical fitness program.
- Quarterly open meetings are open to all and include a group run and socializing at a local establishment.
- SLTC running gear is available for purchase at the SLTC office weekdays from 8 am to noon.
- The Track Club hosts numerous events throughout the year. If you would like to volunteer for any of these events, please contact office@stlouistrackclub.com or 314.781.3926 or go to www.stlouistrackclub.com.