

# Join Me!

No matter who you are, no matter how young or old, fast or slow, tall or short, or how strong or weak you might be, I just want you to be healthy, and grab life's gusto! Most importantly, the TTC is more than a track club, it's a lifestyle.

The **TTC** welcomes youth (K-12), young adults or open division (18 to 29 years of age) and masters level (age 30 and over) participants.

**The mission:** **TTC** will actively promote the health and well-being of children, youth, and adult women and men, and we'll have fun doing so! Please join us!

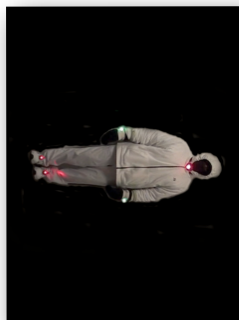
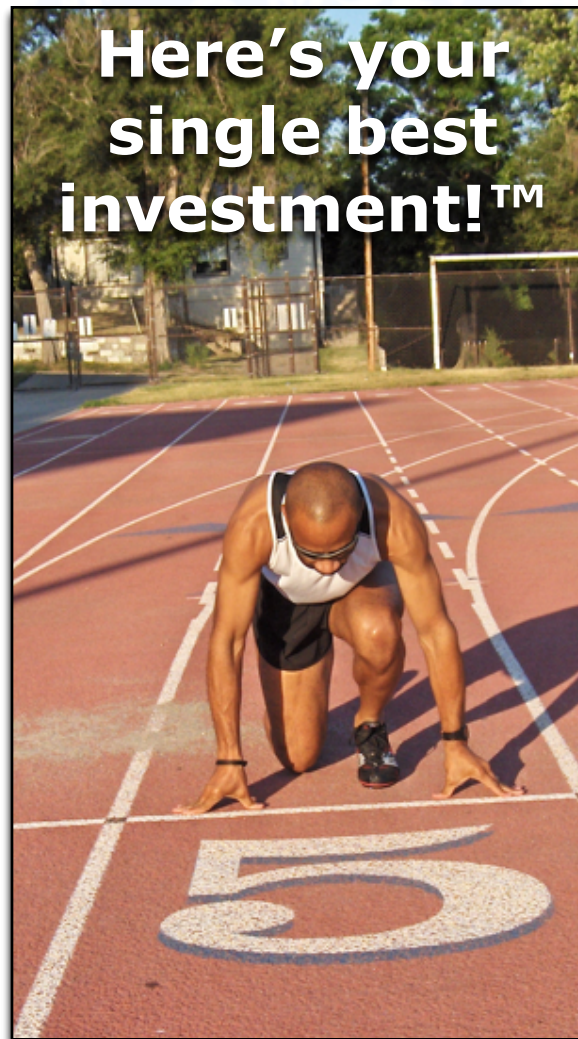
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# THE TRACK CLUB

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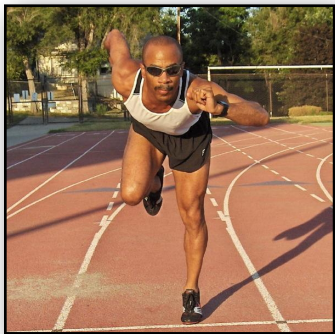
**COLD? NOT AN ISSUE!**

# Why is THE TRACK CLUB your best investment?

**Because we invest in YOU!** This is NOT your typical track club. It's so much more than that. Our primary objective is to dramatically improve your overall mental and physical well-being through the joy of personal achievement.

**How does track fit in?** Track provides a stable framework for the consistent measurement of your individual performance. There's absolutely no "guess work" because everything in track is measurable and quantifiable. Plus, here are three additional reasons

## Reason 1 - Your mind!



For adults nineteen (19) years of age and over absolutely 90% (\$18.00) of your \$20.00 annual club membership fee is applied to an IRA managed by a financial services advisor of your choice. Likewise, for minors, 90% of your child's \$20.00 annual club membership fee is applied to a college fund managed by your financial services advisor. That's right, we're investing in your child's future!

Likewise, for all adult members, we're investing 90% of your \$25.00 annual club membership fee into an IRA, because we're investing in your future too! Of course, you'll own and control your investment.

*\* Does not include USATF annual membership fee of \$20.00 for youth, and \$30.00 for adults.*

# TRAIN COMMITMENT



2023



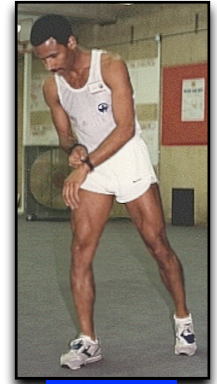
2016



2011



2003



1987

## Reason 2 - Your body and health!

As reported by stateofobesity.org, 22.5% of Latino children and 20.2% of Black children are obese, compared to 14.1% of non-Latino White and 6.8% of Asian-American children! By age 19, 20.5% of children and adolescents are obese.

Nebraska is ranked with 18 other states as having the second-highest adult body mass index (BMI) of 30% to 34%; and 16% of Nebraska's children are obese. Simply put, Nebraska is not a healthy place to live.

Likewise, as reported by the Center for Disease Control and the Food Research & Action Center, as of 2012, the overwhelming majority of adult women over 30 years of age (63.2% of all adult White women, 77.2% of all adult Latina women, and 82.1% of all adult Black women are morbidly overweight or obese; plus, 78.6% of adult Hispanic men, and 71.4% of adult White men, and 69.2% of adult Black men are morbidly overweight or obese.

## Reason 3 - Your soul and confidence!

Unfortunately, many people shy away from track and field because they perceive it's too "competitive." Actually, the only person you truly compete against is yourself, which is fun because - get this - YOU have a personal stake in evolving your mind and body to realize your ultimate potential!

This is why track and field is unique, because your individual growth is *the* ultimate objective. There is and will always be someone younger or older, faster or slower, taller or shorter, stronger or weaker, or yada, yada, yada; however, there is only one YOU! At The Track Club, we want to help YOU realize your mental and physical potential, and we'll have fun doing so!

## Who is Trip Reynolds?

**Trip Reynolds, Founder** - Coach Reynolds has competed in 215 USATF sanctioned events, and has placed 1st, 2nd, or 3rd in 95% of all of his races. In addition to track events, Trip has also competed in over three dozen 5k, 10k, 20k, half-marathons, marathons, vertical marathons, and various multi-sporting events. Throughout his life, his weekly base-training for track events (100m, 200m, 400m, 800m, 1500m and 1 mile) added over 23,400 miles on his physique, and his base-training regime for road races (5k, 10k, 20k, etc.) and various multi-sporting events added nearly another 13,000 miles.

Coach Reynolds enjoy the benefits of living a healthy and fit lifestyle, which includes cycling and rollerskating. Equally important, he welcomes sharing his insight to benefit others.

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