



Dedicated to the promotion of running, cycling, swimming, and related sports

The Rolla Multisport Club is your local, not for profit, 501.c3 corporation dedicated to fitness education and promotion.



Join us!

Enjoy 10% discounts at our sponsor businesses

Connect with experienced, local athletes

Find training partners

Benefit from club programs (rollamultisport.org/events):

FitGirls / Teens Run Rolla – An annual program for girls in 4th -7th / 8th - 12th grade. Girls learn about fitness, nutrition, volunteerism, and reading. At the end of the program they participate in a local 5k race.

Local events – RMC sponsors and assists local running, biking, and multisport events:

RMC Race Series: Earn points by running local 5k/10k races throughout the year and compete for series honors.

RMC organized running races, including the **Bonehead 5k/10k** race, benefiting CASA of South Central Missouri, and the **Mustache Dash**, benefiting Ozark Actors Theatre.

Hellbender race series – Including the Missouri Road Cycling Championship race, and less competitive Gran Fondo bike ride, and a 16 hour adventure race.

Multisport?

Many RMC members are local athletes experienced in a variety of multisport disciplines:

Running Road running, trail running from 5ks to marathons and beyond.

Cycling From road to mountain biking, we can show you where and how!

Triathlons Learn to art of the swim/bike/run sport!

Adventure Racing Navigate through the trails, rivers, and forests in this wide-open style of multisport racing.



Get fit! Get started!
Contact RMC today!!
Join today at: www.rollamultisport.org