

# Fun & Fitness in Sikeston



There are numerous recreation and fitness events and facilities for youths and adults in Sikeston. The City of Sikeston has 16 parks totaling nearly 285 acres, a multi-use trail in the Recreation Complex which offers walkers, runners, and cyclists over 1.5 miles of paved surface. Below is a list of facilities, activities and area fitness events.

**Sikeston Parks & Recreation**– (573) 475-3725 go to [www.sikeston.org](http://www.sikeston.org) for the full parks listing. **City Walking–Exercise Trails** - Recreation Complex, Mary Lou Montgomery Park, Roberta Rowe Park & R.S. Matthews Park.

**YMCA of Southeast Missouri** - 602 Tanner St. (573) 472-9622  
Facilities: Walking Track, Aquatic Center, Equipment Room, Basketball Court & Fitness Classes  
Programs: Youth Basketball, Swim Team, Aquatic Programs, Youth Soccer

## **AREA FITNESS EVENTS - Contact the Sikeston CVB for exact dates & info.**

**Resolution Run 5K & 1 Mile Fun Run - January**  
Contact: (573) 475-0499, [SplitMasterTiming@live.com](mailto:SplitMasterTiming@live.com)

**Kenny Rogers Children's Center Telethon 5K Kickoff - March**  
Contact: Kenny Rogers Children's Center (573) 472-0397

**Sikeston Public School Foundation 5K - April**  
Contact: Julie O'Brien [jobrien9597@sbcglobal.net](mailto:jobrien9597@sbcglobal.net)

**Dogwood Azalea Festival 5K Race & 1 Mile Run - April**  
**Charleston MO**, Contact: Wayne Corse (573) 683-6361

**"Ride the Fault Line" Bicycle Tour - June**  
This 7 day tour of the Mississippi River valley follows segments of the New Madrid Fault. Cyclists will visit communities & attractions in Missouri, Arkansas, Tennessee and Kentucky. Registration opens December 1 and closes May 10, 2014. For additional information visit [www.ridethefault.com](http://www.ridethefault.com) or follow on Facebook

**Tour De Corn Charity Bike Ride - June, East Prairie MO**  
Featuring 15, 30, 60 & 100 mile bicycle rides. Contact: (573) 233-5281, [www.tourdecorn.com](http://www.tourdecorn.com)

**Kenny Rogers Children's Center Charity Walk - October**  
Contact: Kenny Rogers Children's Center (573) 472-0397

**Annual Goblin Gallop 5K Run/Walk - October**  
Contact: Bootheel Counseling Center (573) 471-0800

**Cotton Ramble Bike Ride - October**  
Featuring 15, 26, 65 & 100 mile bicycle rides. Contact: Rodney McConnell (573) 380-7875  
[www.cottonramble.com](http://www.cottonramble.com)

## **Points of Interest**

### **Trailblazers Club**

Sponsored by Scott County Health Dept. in cooperation with the City of Sikeston Parks Division. The club promotes exercise - walking, biking, jogging, utilizing the new walking trail in the Recreation Complex. Membership is free. For more information call (573) 475-3725

### **Sikeston Corporate Games**

Held every other year. The City of Sikeston hosts this annual fitness challenge between area industries. Teams compete in a variety of sports and fitness events over approximately a 1-month period. Contact: Dustin Care (573) 457-3725

### **Area Hiking and Nature Trails**

Lake Tywappity Conservation Area-Chaffee, Big Oak Tree State Park-East Prairie, Mingo National Wildlife Refuge-Puxico, Mississippi River Walk & Observation Deck-New Madrid, General Watkins Conservation Area-Oran, 10-Mile Pond Conservation Area-Mississippi County, Otter Slough Conservation Area-Stoddard County. Call the CVB for maps and more information

