

**FOR IMMEDIATE RELEASE:**

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**'DANCES WITH SINGLE TRACK' MOUNTAIN BIKE RACE RETURNS TO BROEMMELSIEK PARK**

**ST. CHARLES COUNTY, MO** – The St. Charles County Parks and Recreation Department and United Federation in Dirt (UFD) are excited to bring back the Dances with Single Track mountain bike race to the 2019 East Region schedule! This popular summer race begins at 9:30 a.m., Sunday, Aug. 18, at Broemmelsiek Park, 1795 Highway DD in Defiance.



The 7-mile bike race course is family friendly. It features the park's well-maintained single-track trail system and serves as a challenge for both experienced and new racers. Contestants travel counterclockwise through natural-surface trails with rocks, roots, field crossings and ample passing zones. Categories include men and women's Cat. 1, 2, 3, Marathon, and a Junior Division for ages 15-18. Medals will be awarded to winners of Marathon, Cat. 2, and men's Cat. 3. Cash prizes will be awarded for Cat. 1. Additional prizes, raffles and giveaways will be available throughout the day.

Cost of each race is \$25–\$30 per category; Junior Division and women's Cat 3 are free! Online pre-registration is suggested by visiting <https://legacy.usacycling.org/register/2019-956> before 4 p.m. on Friday, Aug. 16. Day-of registration fees increase \$5 for fee-based races. All proceeds benefit various cycling, trail, and park organizations. For more information about the race, call David Krajcovic, race organizer, at 314-753-8346 or email [dwst0819@gmail.com](mailto:dwst0819@gmail.com).

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**About St. Charles County Parks & Recreation**

The St. Charles County Parks & Recreation Department was created in 1997 after voters approved a local use tax with the sole purpose of park land acquisition, development, operations and maintenance. The department's mission is to preserve natural and historic features in areas throughout the county for the use of future generations. Today, the department operates 15 parks and consists of 3,643 acres of acquired park land. From historic homesteads to a youth skate park; from camping, hiking, biking, and fishing to weddings and educational classrooms, there's something for everyone in St. Charles County Parks.

For more information and specifics about each park, amenities, trails, and more, visit [stccparks.org](http://stccparks.org).