



Sikeston Fun & Fitness

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 and numerous miles of paved surface. Below is a list of facilities, activities and area fitness events. For more information contact the Sikeston Convention & Visitors Bureau at 888-309-6591 or tourism@sikeston.net

Annual Area Fitness Events

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

1K Donut Dash— March. Held in conjunction with St. Patrick's Day Festival Contact: Sikeston Parks & Recreation (573) 475-3725

Sikeston Public School Foundation 5K Color Run - April Contact: Sikeston Parks & Recreation (573) 472-2581

Dogwood Azalea Festival 5K Race & 1 Mile Run - April Charles-ton 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. Contact: Rodney McConnell (573) 380-7875, www.ridethefault.com

Tour De Corn Charity Bike Ride - June, East Prairie MO. Featur-ing 15-, 30-, 60- & 100-mile bicycle rides. Contact: (573) 233-5281, www.tourdecorn.com

Kenny Rogers Children's Center Charity Walk/Run- October Con-tact: 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 14, 28, and 65-mile bicycle rides. Contact: sikestonlions@gmail.com

Points of Interest

Hiking and Nature Trails:

Lake Tywappity Conservation Area- Chaffee

Big Oak Tree State Park- East Prairie

Mingo National Wildlife Refuge- Puxico

Mississippi River Walk- New Madrid

General Watkins Conservation Area- Oran

10-Mile Pond Conservation Area- Mississippi County

Otter Slough Conservation Area- Stoddard Co.

**For additional trail information go to www.mdc.mo.gov*

Trailblazers Club Sponsored by Scott County Health Dept. in coop-eration with the City Parks & Recreation. The club promotes exer-cise - walking, biking, jogging, utilizing the walking trail in the Recre-ation Complex. Membership is free. (573) 475-3725

Sikeston Corporate Games are held every other year. The Sikeston Parks & Recreation hosts this annual fitness challenge between area industries. Teams compete in a variety of sports and fitness events for trophies and bragging rights. Contact Dustin Care (573) 457-3725, dcare@sikeston.org



SIKESTON
Convention & Visitors Bureau
sikeston.net/tourism
888-309-6591

