

Kansas City Track Club now has a weekend long-run program to serve interest in long distance group running and group marathon training. Long-runs and marathon training runs are offered together each Sunday morning all Summer 2011. Long-runs up to 10 miles will continue year-around. Pace groups are "Fast," "Slow" and "Slowest," with "Slow" running 10:30 to 11:30 min. per mile. Pace groups are open to any KCTC member, who may choose each week to join in or not. Both groups meet at and depart in different directions from the Hen House/US Bank Parking lot near 69<sup>th</sup> and Mission in Prairie Village Shopping Center.

- Year-around long runs depart at 7:30 AM and use a NORTH 10-mile loop to the Plaza and Nelson Art Museum (find link below).
- Summer marathon training runs depart earlier and use a SOUTH loop to Foo's Fabulous Frozen Custard on Mission Road near 95<sup>th</sup> in Ranch Mart Shopping Center (find link below). They plan ahead to return by 7:30 AM and join the NORTH group just departing to complete the final 10 miles of their marathon training run with fresh company at their pace.

Both NORTH and SOUTH courses are the same each week so they can be easily learned by newcomers. The courses go out and back from a central location with parking for 100; are on low-traffic streets and trails; go through beautiful neighborhoods with existing water & bathrooms; and have breakfast options at the start/end. E-mail communication through KCTC's Google Groups account will be used to foster peer-to-peer planning and coordination.

The organizer, David Virtue, and a dozen other runners of a variety of paces have met and run from this location every Sunday for about 18 years. Among them they have trained for more than 50 marathons using this type of base long-run with early extensions in hot weather and often will be found among KCTC's Sunday Morning long-runners. In the first 6 weeks in April and May 2011 10-20 runners participated.

**Long-Run Group.** The member who does not plan to train for a marathon is welcome to join in the long-run up to 10 miles on the NORTH loop <http://www.gmap-pedometer.com/?r=4530104> [If this URL doesn't lead to the specific map try copy & past into the browser]. The long-run group meets every Sunday morning regardless of any marathon training groups who might be joining in at 7:30 AM and is designed to remain a Sunday morning long-run option every week of the year.

**Marathon Training Group.** The member who does plan to train for a marathon will use the SOUTH loop before joining the long-run on the NORTH Loop at 7:30 AM. <http://www.gmap-pedometer.com/?r=4554346> [If this URL doesn't lead to the specific map try copy & past into the browser]. By setting a goal for the total run for a morning and using the table below, the member will select the start time and number of miles to run on the SOUTH loop. After completing this extended run on the SOUTH loop, the member will be ready to join the long-run group leaving Prairie Village at 7:30 AM. Through Google groups, the member will be able to identify the others who are in the same pace group and have the same marathon training goals.

In Summer 2011, the organizer, David Virtue, will lead the Slow Pace Group for the extended run on the SOUTH loop. The other Pace Groups will be self-led.

## Advance Start Times By Pace

Sun-days Summer of 2011	Extension Goal	Distance needed over 10
Jun 5	8	none
Jun 12	9	none
Jun 19	10	none
Jun 26	11	1
Jul 3	12	2
Jul 10	13	3
Jul 17	14	4
Jul 24	15	5
Jul 31	16	6
Aug 7	17	7
Aug 14	18	8
Aug 21	19	9
Aug 28	20	10
Sep 4	21	11
Sep 11	22	12
Sep 18	23	13
Sep 25	24	14

11 Min Pace		
Minutes needed over 10	NORTH Run-time (add time for stops)	Leader-hosted Group Departure Times
none	7:30	7:30
none	7:30	7:30
none	7:30	7:30
11	7:19	7:15 <sup>sharp</sup>
22	7:08	7:00 <sup>sharp</sup>
33	6:57	6:30
44	6:46	6:30 <sup>sharp</sup>
55	6:35	6:00
66	6:24	6:00
77	6:13	6:00 <sup>sharp</sup>
88	6:02	5:30
99	5:51	5:30 <sup>sharp</sup>
110	5:40	5:00
121	5:29	5:00
132	5:18	4:30
143	5:07	4:30
154	4:56	4:30 <sup>sharp</sup>

10 Min Pace	
Minutes needed over 10	NORTH Run-time (add time for stops)
none	7:30
none	7:30
none	7:30
10	7:20
20	7:10
30	7:00
40	6:50
50	6:40
60	6:30
70	6:20
80	6:10
90	6:00
100	5:50
110	5:40
120	5:30
130	5:20
140	5:10

09 Min Pace	
Minutes needed over 10	NORTH Run-time (add time for stops)
7:30	7:30
7:30	7:30
7:30	7:30
9	7:21
18	7:12
27	7:03
36	6:54
45	6:45
54	6:36
63	6:27
72	6:18
81	6:09
90	6:00
99	5:51
108	5:42
117	5:33
126	5:24

08 Min Pace	
Minutes needed over 10	NORTH Run-time (add time for stops)
7:30	7:30
7:30	7:30
7:30	7:30
8	7:22
16	7:14
24	7:06
32	6:58
40	6:50
48	6:42
56	6:34
64	6:26
72	6:18
80	6:10
88	6:02
96	5:54
104	5:46
112	5:38

**Leader-hosted "Slow" (11:00-min.) pace Marathon Training Runs Summer 2011.** A leader who knows the course is assigned to meet at the above times and return to connect with the regular group by 7:30 AM. Find Summer 2011 Sunday dates in the first column on the left and start-times under the 3<sup>rd</sup> column of "11-Min. Pace." The individual advisedly will choose to extend 2 miles every other week after about the 14 mile extension run because it will take more than 7 days to completely recover from that distance and 3 miles every other week after about the 20 mile extension run. Group participants can coordinate these distance goals through Google Groups contacts as they run the shorter distances leading up to the 14 and 20.

**No-Host "Fast" or "Slowest" pace Marathon Training Runs.** Returning to join the NORTH group by 7:30 AM determines what time to plan to depart the starting point. These times can be agreed-upon among other runners at the same pace through Google Groups. The day's start time is calculated with the time it will take to run the number of miles needed that are over 10. For example, if the goal is 16 and the training pace 9s, the distance over 10 miles is 6 and will take 54 min. The feet need to hit the pavement by 6:36 AM, earlier to allow for stops and get back to join in with others for the last 10. From the starting point running goes out 26 min. and back 26 min. and can be on any street if the SOUTH loop is not familiar.