



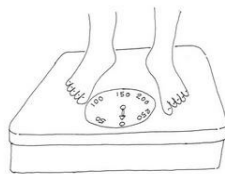
KCTC News....



33rd Annual KCTC Westport St. Patrick's Day Run
March 12, 10AM
Westport Rd & Pennsylvania Ave

[Register](#)

Lou's Famous Running Class



Got the post holidays blues or made a resolution and feeling the need for some motivation? Any KCTC member gets a FREE entry for Lou Joline's Running 101 class. For non-members, \$15. will get you in! For the next 9 weeks, the class meets at 5:45 pm at Garry Gribble's Running Sports in the Ward Parkway Shopping Center. Or check out any of our group runs.

Brew To Brew Relay Registration is Open for [Runners](#) & [Volunteers](#)!

If Brooks Williams can run Brew 2 Brew, so can you. Brooks has cystic fibrosis, is an ultra runner and is running brew to brew. KCTC donates brew to brew proceeds to the cystic fibrosis foundation. Read about Brooks on his blog.

Brew to Brew 2011 is an [RRCA State Championship Race](#)!



Run Toto Run Trail Run 50K, 10 & 20 Mile
Sat February 12th

8am, 9am for 10miler,
Wyandotte County
Lake Park, Kansas City, KS

[Register Here](#)



One of KCTC's goals is to bring group running opportunities to your neighborhood. We want to get you connected! If you would like to create a group, join a group or already have a group other runners can join, please let us know. Existing groups include:

Sunday in Prairie Village- Ryan McCamy leads this group leaving at 7:30am from Einstein Bros. Bagels at 71st & Mission Road in the Prairie Village Shopping Center. Join this group for an easy paced 6 to 10 miles and then stay after for a bagel.

Sunday Northland Runners- 7am during the summer & 8am during the cooler months from Macken Park, on the west side of the park along Howell Street by the restrooms. On Sundays from December through March we meet at 8am at members homes and share



KCTC Race Series Kicks Off 2011 Season

breakfast after our run. slspurlecatsbcgloabal.net, [Northland Runners Page](#)

Monday New Runners Class- 5:45pm at Garry Gribbles Running Sports, Ward Parkway Shopping Center at 85th and State Line. Classes run 10 weeks. You will be asked to join KCTC (\$15. one year membership fee) ljoline@aol.com

Tuesday Northland Run- 5:30pm at Macken Park, North Kansas City. Join the Northland Runners and get in a workout at any pace you like. slspurlecatsbcgloabal.net [Northland Runners Page](#)

Wednesday Night Run- 6:15pm every Wed. at a different location each week. Join a KC running tradition that hasn't missed a beat since 1982, where old and new friends meet at a home for a run followed by a potluck dinner. Meet new people and see new areas of KC. Click [here](#) for a listing of upcoming locations and maps, or call 816-333-RACE for this week's location.

Thursday Leawood Runners- 5:30pm at Leawood City Park by the basketball courts. Kyra Bronson leads this group on paved trails for runs of varying distances. To stay in touch with this group, join their [facebook page](#).

Thursday Northland Run- 5:30pm at Macken Park, North Kansas City. Join the Northland Runners and get in a workout at any pace you like. slspurlecatsbcgloabal.net [Northland Runners Page](#)

Saturday Union Hill Neighborhood- 7:30am at the Crown Center Fountains on Pershing Ave between the Crown Center Shops and Hallmark Buildings. Kimberly Saunders leads this group. Distance will vary depending on your goals. For updates and to contact the group, go to their [facebook page](#).

Saturday in Overland Park - Leave at 7 am from Fitness Plus at 4500 W 107th St, Overland Park, KS 66207. Join this group on the east side of the parking lot for a run of about 9 miles at a relatively slow (9 min) pace. Dave Fisher is the group leader and he can add you to his email list for updates/changes. kctcrunner@gmail.com

Saturday in Leavenworth - 8am. Meet at the Country Mart, 20th & Spruce.



Every Day of the Week Trail Runs - Run (off-pavement) with the Trail Nerds or Mud Babes in varying locations and times any day of the week. Most runs take place in Wyandotte County Park, Shawnee Mission Park, and Lawrence. Check out the schedule at <http://www.psychowyc.com/id43.html>

Want to get more out of running and give more to your community of fellow runners? KCTC is planning a Race Series for everyone, designed to provide motivation and fun for runners walkers of all abilities. You can participate and WIN! Participants need to be KCTC members, must be 18yo & up, opt-in to receive KCTC news, "like" KCTC on facebook (if you have an acct), and must sign up for the series. Watch for more info to come!

Dave Boone Named Volunteer of The Year!



The KCTC board has chosen Dave for this award for his outstanding service throughout the years to running in our metro area. Dave is a former President of KCTC and a presence at many local running events, like Brew to Brew, St. Pats, New Year's Day Run and Cliff Hanger, but he's also the "behind the scenes" guy who works with local charities, churches, law enforcement, volunteers and other running clubs to make many local events fun, safe and rewarding. Thanks Dave!



KCTC member Kyra Bronson won a KCTC raffle for free registration to Walt Disney World Marathon. With all that money Kyra saved, she bought herself a special running outfit. Kyra is a new runner, started with Lou's beginning runners class and now leads the KCTC Leawood Thursday Night Running Group. Way to go, Kyra!

Upcoming Wednesday Night Runs

- [1/26/11 Andy & Katie O'Hara](#)
- [2/02/11 Elite Cycle](#)
- [2/09/11 Red Dress Run at Terry & Ken Mann's](#)

www.kctrack.org for more track club news and events. KCTC posts new information every few days on our site and [facebook page](#) Keep up to date by making us one of your favorites or your home page. Contact at kctcrunner@gmail.com **Want to volunteer?** KCTC has many opportunities to give back - as needed or on a regular basis. Please email if you can help. Much can be done from your desk at home!

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