



## KCTC News!

### Another Successful Cliffhanger!

Thank you to all that participated in this year's 26th annual Cliffhanger run on beautiful Cliff Drive in the historic Northeast. We had nearly 1100 runners participate in the event on a perfect fall day. We were also able to raise over \$7000 for local charities: *Northeast Neighbor to Neighbor Healthcare Outreach, Gladstone Elementary School* and the *Missouri Chapter of the Special Olympics*.

We want to thank all of our volunteers, as well as everyone at Gladstone Elementary for once again hosting our pre and post race activities. Again, thank you to everyone that made this year's Cliffhanger run a success!



Renewing a Kansas City Tradition! An easy going family event along scenic Ward Parkway on Thanksgiving Day. Ward Parkway Center, Thurs Nov 24th at 9am. Course is USATF certified. Chip Timed

with unique medals and awesome awards! Need volunteers!

[Register Now](#)

### Alternate Chili Run -10 miles on Trail

Sat. Dec 10th 8am. Wyandotte County Lake Park. \$5. No Pre-Registration <http://www.psychowyc.com/id44.html>

### New Race Calendar is Up!

The Kansas City Track Club has a new race calendar on our website and it is easier than ever to view and add races! If you are a race director and want to list your race, just go to [www.kctrack.org/calendar](http://www.kctrack.org/calendar) and hit submit to get the form. Check out our calendar for your 2012 races!

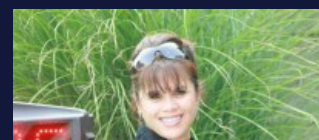
November 2011

Save The Date!  
Jan 1, 2012. 10am  
KCTC New Years Day  
Run  
Athletic Club of  
Overland Park  
Free to all runners &  
walkers!  
No Pre-registration

### Beginning Runners Class

The spring session will begin Mon Jan 23, 2012 and will be led by Lou Joline & other club members. The classes are free to all current KCTC members & members can attend as many sessions as you like. There are 10 weekly runs, each lasting from 5:45-7:15pm at Garry Gribbles Running Sports, Ward Parkway Center. Let us help you with your New Years Resolutions! For more information, contact Lou Joline at [ljoline@aol.com](mailto:ljoline@aol.com) or 816-679-8185.

### Christmas Shop!!





### **New Running Opportunities**

Ryan Rogers is a KCTC ambassador & coach for a youth running club. He is offering free training sessions to KCTC members. Every weekday 5pm at Independence Middle School, corner of 23rd St & Speck Rd. Just show up ready to run at whatever sessions work in your training program.

Contact Ryan- rrogers@ejcrunnerstrackclub.com

**Mon**-Distance-50% of race distance

**Tues**- speed endurance-repeats of 1000m & under

**Wed**-Anaerobic Quality Workouts--

Repeats anywhere from 1600m to 2400m @ 80-90% of target time

**Thurs**- Speed

**Fri**-Fartlek or Tempo runs

Joel Grimmatt & John Olson, KCTC ambassadors are leading a new group run. If you want to contact Joel- joelgrimmatt@att.net

Start Date: Sun. 11/20/11 at 9:00 am.

Where: Price Chopper at 159th & Mur-Len.

Course: Out and back on the running trail so any distance of run can be achieved. There are bathrooms and a Starbucks in Price Chopper

### **[Click for details about the many group runs available](#)**

**Sunday Long Runs in Prairie Village-7:30am Hen House parking, 71st & Mission Road**

**Sunday Northland Runners- 8am check for location.**

**Sunday In Independence- 6:30am at the old O'Charlies restaurant behind Cold Stone Creamery.**

**Monday New Runners Class- 5:45pm at Garry Gribbles Running Sports, Ward Parkway Center.**

**Monday Night Run in Waldo- 6pm Meet at The Waldo Well**

**Monday Mud Babes- 6pm Shawnee Mission Park**

**Tuesday Intervals Prairie Village- 5:30pm SM East High Track**

**Tuesday Northland Run- 5:30pm at Macken Park, North KC**

**Wednesday Night Run- 6:15pm at a different location each week.**

**Thursday Morning on The Plaza- 6am at M&S Grill**

**Thursday Leawood Runners- 5:30pm at Elite Cycle, Mission Rd.**

**Thursday Northland Run- 5:30pm at Macken Park, North KC**

**Saturday Near The Plaza- 6:30am Aixois at 55th St. & Brookside**

**Saturday Downtown- 7am Panera Bread, 2405 Grand, KCMO**

**Saturday Lee's Summit- 7am Gusto Coffee, 3390 Fascination Dr**

**Saturday Liberty- 8am Buffalo Wild Wings, 9207 NE 152 Hwy**

**Saturday Long Trail Run in Lawrence- 7am Clinton Lake.**

**Every Day of the Week Trail Runs- (off-pavement) with the Trail Nerds or Mud Babes**



### **[ONLINE STORE](#)**

Yes! You Can Run Through The Winter. Wear less & stay warm.

Breathe Thermo Test Run: Base layers & accessories provided by Mizuno. Mon. Nov 21st, 5:45 with the beginning runners class at Garry Gribbles, Ward Parkway Center

**KCTC members are eligible for a free consultation & 15% discount for personal training at Bodies Personal Training .**

### **[Up Coming Wed Night Runs](#)**

**[For more information about all our WNRuns!](#)**

**11/23 Richard and Misty McNally**

**[Want to Volunteer?](#)** KCTC has many opportunities to give back as needed or on a regular basis. Please email if you can help at races, out and about around the city or from your desk at home!

Every year, KCTC raises funds through our races and donates to charity. In 2011 donations from Brew To Brew totalled \$56,000 to Cystic Fibrosis, Shriners Hospitals and Water Rescue equipment. From Cliff Hanger, donations to Special Olympics, Neighbor To Neighbor & local school programs totalled

\$7,000. Donations were also made to WIN For KC, Kansas Trails Council & Earth Riders Trails Assoc.  
Thanks so much for your participation in our events and for contributing so generously!

Visit [www.kctrack.org](http://www.kctrack.org) and our [Facebook](#) page for more track club news & events. KCTC posts new information frequently. Keep up to date by making KCTC one of your favorites or your home page. Follow us on [Twitter](#). Contact at [kctcrunner@gmail.com](mailto:kctcrunner@gmail.com)

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