



KCTC News!

November, 2011

KCTC needs volunteers for Cliff Hanger Run.

- Sat. Nov 5 PPU at Ward Parkway Center from 11:30-5 any portion of time.
- Sun. Nov 6 on race day. Set up starts at 6am. Races start at 8 & 9 am. Awards & pancakes by 9am. Clean up 10:30-12.
- Volunteers can work inside at packet pickup, food line, setup, takedown or on the course. Plan to stay at least 2 hours! Contact [Jennifer Ristau](#) if you can join us!



Sunday Nov. 6th, 8am Elite Start
9am Recreational Runner Start

[Registration Is Open!](#) [Website](#)

The Kansas City Track Club Ambassadors are on the move! KCTC Ambassadors are role models, lead group runs, volunteer at local events and help all runners achieve their personal best. In the first 2 months, ambassadors have started 3 new group runs, helped with the new runners class, become running buddies at races, volunteered at races and the expo, scheduled booths at health fairs and much more. Watch for more information about the ambassadors in coming months. They are there to support you!



Group Runs Starting Downtown, Liberty & Lee's Summit!

Saturday Downtown- 7AM walk/run starting Nov 5. Will be held every week meeting at Panera Bread, 2405 Grand kcmo 64108. Enter in north side of Panera in HUGE enclosed area . This is for ALL levels. Paul Gorman leads this group.

Saturday in Liberty- 8am starting Nov. 5th. Meet in the parking lot by Buffalo Wild Wings in Liberty (9207 NE 152 highway). Nice 3-6 mile route for runners & walkers. Scott



5K, 10K, 13.1, 26.2
Sat. Nov 12, 8:30-9am
Shawnee Mission Park at Theatre in the Park
Easy going FAMILY EVENT on paved trails with some rolling hills in a beautiful park setting.
Registration is OPEN!

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

NEW APPAREL IS IN!



[ONLINE STORE](#)

