



KCTC News....



KCTC is giving the first 150 centipede team runners a green neck gator. Register for St. Pats now to receive your free gator!

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



Westport Rd & Pennsylvania Ave

[Register](#)



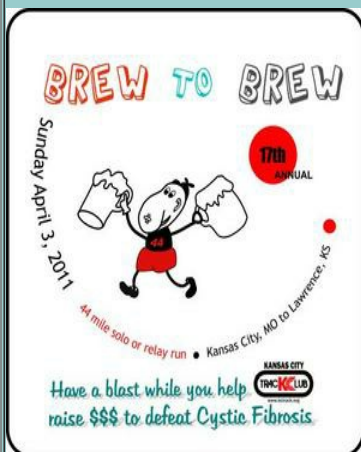
New Group Runs Available!

Tuesday Intervals Prairie Village - 5:30pm at Shawnee Mission East Track at Mission Rd and 75th St.. This starts the first Tues in March and continues each Tues until the end of October. John Carstens is the coach at 913-432-8347 if you have questions.

Thursday in Parkville - 6pm at [Cycle City](#) in Parkville. Run an easy 4-5 miles. Tarah Pettijohn leads this group.

Saturday Long Trail Run in Lawrence - 7am Meet at North Shore Trails at Clinton Lake, Army Corps of Engineers Area. On unpaved trails. Ben, badbenders@yahoo.com, 816-810-0440. More details [here](#).

Saturday Eastsiders Long Trail Run In Blue Springs- 11am Landahl Park. Blue



Brew To Brew Relay Registration Fee Will Increase On March 15th. Register Now To Save \$10.

The Solo Division Is FULL! Brew to Brew 2011 is an [RRCA State Championship](#) Race!

[Volunteer](#)
[Brew To Brew Website](#)
[Register](#)



Hats \$5., Tech Shirts \$10. & Cotton Shirts \$6.

Want Some New Running Gear? Buy KCTC, Brew To Brew & Cliff Hanger Logo hats and shirts at our

[Online Store](#).

KCTC Race Series Kicks Off 2011 Season

Want to get more out of running? This is a race series for everyone! It is designed to provide motivation and fun for runners or walkers whether you are a beginner or a veteran; slow or extremely talented, you can participate and WIN

[Guidelines and Participating Races](#)
[Sign Up For The Series](#)

Alan Poisner Wins Gold!

The USATF National Masters Indoor Track & Field Meet was held in Albuquerque March 4-6. KCTC member, Alan Poisner won a Gold Medal in the 3000-meter walk in the 75-79 age division on a banked track in the convention center. His time (19:47) would have been good enough to take Silver Medals in the 65-69 and 70-74 divisions. The altitude (a bit over 5,000 feet) did not seem to bother him since he attained an 80.5% age-graded result but the low humidity caused everyone to suffer from very dry throats & even some coughing. Way to go Alan!

Springs, MO. On unpaved trails.
Contact Mindy Coolman, 402-250-5378, mindy12341234@yahoo.com.
[Directions](#)

Saturday in Parkville - 8am. Meet at English Landing Park in the parking lot by the kiosk with the park map. Tarah Pettijohn leads this group. Stay for coffee in downtown Parkville afterward

Check at www.kctrack.org for all group run schedules.

www.kctrack.org and our [facebook page](#) for more track club news & events. KCTC posts new information every few days. Keep up to date by making KCTC 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!

Upcoming Wednesday Night Runs

[03/09/11 The Well](#)
[03/16/11 Mary and Doug Edwards](#)
[03/23/11 – Open Be a Hero – Volunteer](#)
[3/30/11 – Mike and Barb Schupp](#)
[4/06/11 – Monica Lazkani](#)
[4/13/11 – Paul Gorman](#)
[4/20/11 – Roger Samuel](#)

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Kansas City Track Club
6600 Wyoming Street
Kansas City, Missouri 64113
US

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