



## KCTC News....

*You're invited to a Brew Ha Ha\**

- \*brouhaha n. 1. An uproar,
- 2. A KCTC member's get together

Save the date! Thursday May 26th at 6pm is the first ever **Kansas City Track Club Brew Ha Ha**, a fun get together for Track Club Members and guests at The Well in Waldo. KCTC says "It's not another boring meeting"... There will be a cash bar with drink specials. KCTC is providing free appetizers or you can come early and eat dinner. Get connected - our Distance, Intervals and Beginning Running class coaches will be there to answer your questions as well as our group run leaders. Remember KCTC classes and group runs are FREE to members. We'll also have discounted KCTC logo shirts and hats. Here's the place to meet other area runners. Join us for a great early start to your weekend!

KCTC is sponsoring a **Weight Watchers Walk** on **May 26th at 8am** in Macken Park. The walk is FULL with 1,001 people registered! We need volunteers so contact [kctcrunner@gmail.com](mailto:kctcrunner@gmail.com) if you can donate a couple of hours! Even better news-KCTC is hosting walking groups in two locations- Macken Park in North KC and Loose Park every Saturday at 8am starting May 28th. Meet at the Pavillion in whichever location works best for you. The group will also include beginning joggers. Free to KCTC



members



**Running Hospital Hill?** Bring your wallet to the new Expo in conjunction with Packet Pickup. KCTC will be in booth #807 with free giveaways, new tech running shirts and information about new club activities!



**KCTC Online Store Has New Styles!**  
Buy KCTC shirts at our [Online Store.](#)

Hats \$5., Tech Shirts \$10 & \$15.. & Cotton Shirts \$6.



Want a change of Scenery? There is a great article on [Runner's World website](#) featuring the Trail Nerds and the trails around Perry Lake by Ben Holmes.

## New Group Runs Available!



**Sunday Long Runs in Prairie Village** - David Virtue of Big Miles Training leads this group leaving at 7:30am from The Hen House parking lot at 71st & Mission Road in the Prairie Village Shopping Center. Join this group for paces Fast, Slow and Slower on a 6-12 mile route or anything in between. Longer distances will be offered as the group desires. There are water stops but bring a bottle if you think you will want more. No coolers will be placed by KCTC. [Map](#)

**Monday Night Run in Waldo** - 6pm Meet at The Well adjacent to 74th and Wornall in Waldo and run any pace, any distance along the Trolley Track Trail. Then cool off at The Well with \$3. beers and free appetizers. Ask where KC Track Club is sitting. We will have reserved seating on the roof during nice weather and inside if its raining or cold. Email [kctcrunner@gmail.com](mailto:kctcrunner@gmail.com) with questions. [Map](#)

**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 at 913-432-8347 and Marvin Mastin are the coaches if you have questions. Bring your own water with you. IF there is a track meet when you get there, the group will do hill repeats on Delmar- the street next to the track. [Map](#)

**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](mailto:badbenders@yahoo.com), 816-810-0440. More details [here](#).

**Saturday Walking** - 8am. We have two groups. Meet at Macken Park in North KC or Loose Park Pavilion KC, MO (whichever is convenient for you) every Saturday AM. This group can include beainnina ioaers. [kctcrunner@gmail.com](mailto:kctcrunner@gmail.com)

## Training For A 5K by Lou Joline

1. The week before, don't do a hard run after Tuesday if you hope to do well in the 5K.
2. Do very little running the day before.
3. It is traditional to eat pasta the night before a race.
4. Get up at least 2 hours before the race and have some coffee to get your system going.
5. No solid food. Drink some fluids but don't over do it.
6. 40 minutes before the start you should start to warm up for 30 minutes.
7. Start warming up gently & end with some short 5 sec bursts of speed, about 5 of them.
8. Start the race at a conservative pace. Try to achieve "cheap speed", going as fast as you can without pushing or straining. You should feel like you could easily go faster.
9. At the half way point pick up the pace. Speed up by taking more steps, do not lengthen your stride.
10. Post Mortem: Make notes about your run. Were people passing you in the final half mile? If so you might have gone out too fast. Did you have plenty of juice left at the end? If so you should be able to go out a little faster and/or run faster after the half way point. Did you stop at a water stop? There should be no need to stop and get water in such a short race.

## Upcoming Wednesday Night Runs

- [5/18/11 Heartland Racewalkers, Alan Poisner](#)
- [5/25/11 Donna Romans](#)
- [6/01/11 Trail Nerds \(Danny Miller\)](#)

Check at [www.kctrack.org](http://www.kctrack.org) for all group run schedules.

Every year, KCTC raises funds through our races and donates to charity. In 2010, donations totalled \$33,500. to Cystic Fibrosis, Harvesters, Special Olympics, Neighbor To Neighbor and Local School Programs. So far in 2011, donations just from Brew To Brew totalled \$50,000 to Cystic Fibrosis, Shriners Hospitals and Water Rescue equipment. Thanks so much for your participation in our events and for contributing so generously!

[www.kctrack.org](http://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. Follow us on Twitter at [kctcrunner](#). Contact at [kctcrunner@gmail.com](mailto: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!

- [6/08/11 B J THORNBURG](#)
- [6/15/11 Jennifer Ristau](#)
- [6/22/11 Diego Fernandez](#)

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

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