



KCTC News!

August 2011

KCTC still needs volunteers for this Sat 8/13 to sort food at Harvesters. It was great fun last year and after we will go to Pizza 51! Contact [Misty McNally](#) if you can join us.



Wednesday Night ReRun

Save the date for the next Wed Night Rerun Sept. 7th at 6pm. The location is changing to The Well in Waldo, 7421 Broadway Street, KCMO, 64114. The run will be a challenging scavenger hunt with valuable prizes involved. Afterwards, join us for \$3.

beer and free appetizers. There will be a prize wheel for you to spin with plenty of prizes provided by Garry Gribbles Running Sports, some screamin' deals on new styles of KCTC logo apparel and we will introduce you to the new KCTC Ambassador Program AKA Team KCTC!



Coffee mugs designed by Lou Joline and KCTC logo apparel are available at: [ONLINE STORE](#)



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

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



Sat. Aug 27th, 9am

[Register Now](#)

[Website](#)

Group Run/Walk



New Group Run Starting!

Sunday In Independence- 6:30am at the old O'Charlies restaurant behind Cold Stone Creamery. Run on the Little Blue Trace Trail for as long or short as you want. There is alot of trail to tame! It goes for 22 miles plus. There are runners training for a marathon at this group run if you

want to run long. Jennifer Ristau leads this group and you can reach her at kctcrunner@gmail.com

MO Bike Federation Board Position

If you are interested in bicycling, running, and trails events across the state and want to get more involved, KCTC is looking for a member to send to the MoBikeFed Board. Time commitment would require 3 board

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

[Sunday Long Runs in Prairie Village](#)- 6:30am and 7:30am, leaving from The Hen House parking lot at 71st & Mission Road

[Sunday Northland Runners](#)- 7am during the summer from Macken Park, on the west side of the park along Howell Street

[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 Shopping Center at 85th and State Line.

[Monday Night Run in Waldo](#)- 6pm Meet at the bus stop sign across the street from The Well adjacent to 74th and Wornall in Waldo [Tuesday](#)

[Intervals Prairie Village](#)- 5:30pm at Franklin Park, just south of Somerset and Roe Ave.

[Tuesday Northland Run](#)- 5:30pm at Macken Park, North Kansas City.

[Wednesday Night Run](#) (or you can walk)- 6:15pm every Wed. at a different location each week.

[Thursday Morning on The Plaza](#)- 6am, Meet at Mill Creek Park at the fountain (corner of Broadway & Emanuel Cleaver II Blvd.).

[Thursday Leawood Runners](#)- 5:30pm at Leawood City Park by the basketball court.

[Thursday Northland Run](#)- 5:30pm at Macken Park, North Kansas City.

[Saturday Near The Plaza](#) - Meet at 6:30am in front of Aixois at 55th St. and Brookside Blvd.

[Saturday Long Trail Run in Lawrence](#)- 7am Meet at North Shore Trails at Clinton Lake, Army Corps of Engineers Area.

[Saturday in Leavenworth](#)- 7am. Meet at Richard Warren Middle School, 3501 New Lawrence Rd, Leavenworth, KS.

[Saturday Walking in Missouri](#)- 8am, Macken Park by the Pavillion in North Kansas City or Loose Park Pavilion KC, MO

[Saturday Walking in Kansas](#)- 9am, Antioch Park, 6501 Antioch Road, Merriam, KS.

[Every Day of the Week Trail Runs](#)- Run (off-pavement) with the Trail Nerds or Mud Babes in varying locations & times

meetings per year on a Sunday around Jeff City or Columbia and one two day weekend board retreat.

**Up Coming
Wed Night Runs**
[For more information
about all our WNRuns!](#)

8/10 Dan & Tamera
Kovacs
8/17 Misty & Rich
McNally
8/24 Thomas Cotter, DC
8/31 Laurel Short
9/7 WNRerun At The Well



April 1, 2012

This [inspirational article](#)
appeared in *UltraRunning*
magazine – July
2011/www.ultrarunning.com

NEW! KCTC SHOE ID TAG
simply ties on your shoe.
Don't leave home without
emergency contact info
attached to YOU! Pick yours
up for free at any
Garry Gribble's Running
Sports or at KCTC group
runs or events.

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 \$56,000 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 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](#).

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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. We can use help at races, out and about around the city or much can be done from your desk at home!

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