

TRAINING TO MEET YOU WHERE YOU'RE AT

Looking for a youth or adult running program? Are you interested in improving your performance at races? KCTC will work around your race plans and cater training to your needs! Don't know what to do with the kids while you are training? Bring the entire family to train with Coach Brett Guemmer and staff. FREE for Kansas City Running Club members. Kansascityrunningclub.com



Hy-Vee Arena

1800 Genessee, KCMO 64102

Wednesdays
April 3 - Oct 9
6:00-7:00 PM



Meet Your Head Coach:
Brett Guemmer
Assistant Track/CC
Coach at UMKC
Garry Gribbles Running sports
Board Member,
Kansas City Running Club



www.kctrack.org



The KCTC is designed for kids and adults including Youth (8-14), Open, Masters (40+), and Elite Groups. The goal is to have a club to compete nationally at USATF Events at all levels including cross country, track, and road races. Each season ends with a USATF National Championship and the potential for teams to compete for Team USA at the Olympic Games, World Championships, North America - Central America Championships and more.