



KCTC News....

WNRerun and Picnic

6pm Sept 8th

Loose Park Pavillion

Mark your calendar for this evening event and bring your friends and family. No need to be a KCTC member to attend. This run is **FREE**.





KCTC members have ramped up the fun factor and added new features:

- **BABYSITTING SERVICE** while you run with activities for the kids. [Email us to let us know age and how many kids so we can hire enough babysitters!](#)
- **Poker Run** with prizes or run any distance you wish
- **Lawn games** with prizes- lawn darts, hula hoops, frisbees, bean bag toss and more.
- **Great prizes and giveaways** include hats, shirts, running gear and [free entries to KCTC sponsored CliffHanger Run](#)
- **Music** by BJ the DJ
- **Pot Luck Dinner** with KCTC providing **pizza**

No registration needed. Just show up with a dish, dessert or drink to share and your running/walking shoes or just come to socialize.

Other Newsworthy Mentions

-  **Cycle City Bike and Run** at 6328 Lewis Suite 200, Parkville, MO 64152 has extended a **10% discount** on any merchandise to KCTC members. Joe and Tarah, the owners have a list of members so just show up and save money!

-  **Garry Gribble** is now offering a **20% discount** to KCTC members at any of his stores on any merchandise except Garmin and Bob Strollers. Garry has the list of members at the register.

-  **KCTC needs volunteers** for several upcoming races: Jesse James, Sat. Sept 18th 7am., Great Prostate Run Sat. Sept 18th 7am, Strutt Your Mutt Sat. Sept 25th 7am and **CliffHanger on Sun. Nov 7th**. If you can help just email us at kctrunner@gmail.com

- Mark your calendars for **Sunday Oct 24th 4pm** for a **KCTC Recovery Run at English Landing Park** in Parkville at the Pavillion. Get in a easy run after the Marathon or just get in a few miles! Prepare your halloween costumes to wow your friends and win valuable prizes. There will be music, food provided by KCTC plus potluck, games, prizes and babysitting.

www.kctrack.org for more track club news and events. KCTC posts new information every few days so keep up to date by making us one of your favorites or your home page. Contact us at kctcrunner@gmail.com

another great event with
the Kansas City Track Club!



One of KCTC's goals is to bring group running opportunities to your neighborhood. We want to get you connected! If you would like to create a group, join a group or already have a group other runners can join, please let us know.

- **Thursday Night Leawood Runners** have changed their meeting time to **5:30pm** hoping more people can join their group. To connect with them, go to their [facebook page](#).

- Looking For A Running Group in Lee's Summit? There are **runners in Lee's Summit** that run regularly on the **Longview Lake Trails** wanting to form a group. The trail is fine gravel and is a great chance to get off the road for a run with new friends. Email to kctcrunner@gmail.com if you want to join. Its free.

- **Like to Travel and Run?** KCTC is is planning a US trip and an Overseas Trip. If you have a favorite and would like to help plan our travel, email us.

- **Beginning Runners Class** starts **Monday Sept 20th**, 5:45pm at Garry Gribble's Running Sports, Ward Parkway Shopping Center. There is no fee but you must be a KCTC member- \$15.

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