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BRAG team

If you can comfortably run/walk a 5K and want to do a 10K (6.2 miles) or Half Marathon (13.1 miles), the KC Express BRAG Team is here to help!

When: Saturdays from June 17 - October 28 at 6:45 a.m.

Where: A new location around the metro each month.

Cost: \$40 + race entry fees, fee includes:

- Group runs/walks with water and Gatorade
- Weekly training plan that safely builds to the 10K or Half Marathon distance
- Women's-cut BRAG team tech t-shirt

Hang out afterwards for coffee!

Goal Events: The Plaza 10K (9/10/17) and the Kansas City Half Marathon (10/21/17)

We Also Recommend: 261 Fearless Club Kansas City
Founded by running legend Kathrine Switzer, the 261 Fearless Club teaches running technique through active games that **build endurance, strength, coordination, speed & flexibility.** "Meet Runs" are held each Monday from 6pm-7pm at Roe Park in Overland Park, KS. (Participation is free for BRAG members!)

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is a running and walking club for women

If you liked the Mother's Day 5K, you'll love training with us!

