

BRAG TEAM FAQ's

Q. What do I need to bring to the training sessions?

Come ready to run or walk! Make sure you have a good pair of shoes and a quality sports bra (a KC Express Membership offers discounts at area running stores). Water bottles are encouraged, especially during hot, humid weather. *Please note: as much as we like kids, pets, and music, we ask that you leave strollers, dogs and earbuds at home so you can focus on your training and being with your BRAG training pals.*

Q. What do you recommend for shoes?

We highly recommend getting fitted for running or walking shoes at a local running specialty store. They can help you find the best shoes for your foot shape and gait. There is no one brand that is best for everyone. Your KC Express membership through BRAG entitles you to discounts at many stores.

Q. What happens at a typical training session?

We gather at 6:45 for a quick talk from Coach Helen Wilms, a briefing on the route, and any other last minute info. (You'll also get a midweek email from Coach Helen with more complete training info.) We will hit the pavement at 7. Everyone runs or walks at her own pace. When you get back, we'll have a water stop and our hot-weather secret weapon: icy cold washcloths! Many stay after to enjoy coffee or breakfast together. KCE also provides route maps and turn-by-turn instructions in advance, with water stops and mileage marked.

Q. Do I need to be doing a certain distance already to join the training?

We hope you have a base of running/walking of about 3 miles prior to starting the training. The first training run/walk will be 3 miles and will build gradually from there.

Q. How long are the workouts?

The time will vary, but expect to be away for about 2 hours, longer as we start to increase our distance.

Q. Is this a big group?

In our experience, the small size of the BRAG training group will allow you to get personal attention from Head Coach Helen & the KC Express coaches/mentors. However, we will be covering the same course with the KC Express Saturday Run and Saturday Walk Groups, which can include up to 40 women.

Q. What are the routes like?

Some courses will be mostly flat, but some courses will have challenging hills. The course will change each month and maps will be provided to you on Thursday evenings via email. Water and Gatorade will be provided approximately every 2.5 miles on the course.

Q. Will there be pace groups?

No. Everyone should just run or run/walk at her own pace. Please don't feel pressured to keep up with anyone.

Q. What else do I have to do besides training on Saturdays?

You'll be expected to do additional miles throughout the week. A training schedule will be provided to you based on your goal.

Q. What if I have to miss a Saturday?

You should still try to complete the mileage goal for that week. If you fall behind on mileage, contact the coach or your mentor for adjustments to your training schedule.

Q. Can I keep running or walking with KC Express after the training?

Absolutely! The BRAG training operates with the Saturday Run Group and Saturday Walk Group so you'll be comfortable continuing with us after your goal race.

Weather policy: We meet rain or shine. If there is lightning directly overhead, we won't run/walk, but we can always stay for coffee!