

APRIL KANSAS CITY EXPRESS MEETING MINUTES

April 3, 2012

1. Welcome new members and guests!

New members: Patty Mitchell – runner, Cindy Newland – runner, Judy Phelan – runner and Sun Hall – walker.

2. Running/Walking/Volunteering Accomplishments

Mary Allison ran the Chi Town Half Marathon in Chicago.

3. Guest Speaker – Dina Myers – SMART Fitness

She talked about training, nutrition and how she got started running marathons. Check out her website for more information.

4. Clothing – Saskia Jacobse (kcexpresslongrun@gmail.com) and Heather uckwitz (hjbuchwitz@gmail.com)

Volunteer t-shirts for the MD5K will be in blue. The women's volunteer shirts should be done next week. You will be able to view them on the website. Saskia is working on a short sleeve shirt in possibly red for the Nashville trip and for a club shirt.

5. Membership Report – Ginger Snawerdt (kcexpressmembership@gmail.com) and Cecilia Parle
If you haven't signed up yet, you can sign up on the website.

6. Newsletter – Ginger Snawerdt and Becky Balanger

If you have something for the newsletter, try to get it to Ginger at least a week prior to the newsletter going out.

7. Volunteerism – Tere Gathright (terewatts@hotmail.com) and Annie Schroeder (luvinlife1827@yahoo.com)

The Go Red luncheon on May 3rd, Express will have a booth. We are in need of people to help with the booth from 10 to noon. If you can help with this, e-mail Terry Mann at krmann@mindspring.com.

8. Publicity and Website – Terry Mann (krmann@mindspring.com), Jennifer Fox and Meredith Lai
The KC Star ran an article about getting started in running, prominently featuring KC Express members and our race. It can be viewed on the express website and Facebook.

9. Long Run Coordinator – Saskia Jacobse (kcexpresslongrun@gmail.com)

Start time 7:00 am. April will meet at Dunn Coffee House at 91st and Metcalf; May will meet at Panera at Crown Center to prepare for Hospital Hill on the hills.

10. Walking Coordinator – Debbie Adair and Penny Terwelp (kcexresswalkers@gmail.com)

Meet at 7:30 in April at Einstein's in Fairway on Shawnee Mission Parkway. Park at Stroud's. In May will meet at Roe Park at 103rd and Roe. Let June know if you would like to be on the weekly e-mail list.

11. MD5K – June Moore (racedirectormd5K@gmail.com)

The next race committee meeting is April 19th at Janice Miller-Young's house.

12. Hospitality – Mary Allison (mary333ann@yahoo.com) and Cecelia Parle

Old/New Business:

1. GO Red luncheon May 3rd at the Overland Park Convention Center

There are still a couple of seats available. If interested in attending, contact Terry Mann.

2. 30th Birthday Destination Race – Katrina Allen and Alisa Mueller

kcexpresspresidentelect@gmail.com

The Women's Half Marathon Race Series featured in Women's Running Magazine

September 22nd in Nashville, TN

<http://www.womenshalfmarathon.com>

This is the trip to Nashville, TN for the 5k or half marathon. Let either one of these ladies know if you are interested in participating.

3. Training for the MD5K at SM Hospital starts Tuesday, April 3rd at 6pm – Terry Frazen. This runs for six weeks. If you are interested in helping, come out to help. It is a very inspiring thing to do. It is a wonderful way to give back.

Next Meeting: Tuesday, May 1st – Poster Party. Help create the fantastic “Momism” signs that line the MD5K course. Children are welcome.

April Birthdays: Happy Birthday to all of the April Birthdays! Thanks for bringing treats to share.

www.kcexpress.org

Look for KC Express Long Run Group and KC Express Mother's Day 5k on Facebook!