

KC Express Meeting Minutes: February 7, 2012

1. Welcome new members and guests! There was one visitor – Kelly who is a runner.
2. Running/Walking/Volunteering Accomplishments – Saskia Jacobse did the Polar Bear Plunge, Virginia Harmer did the Battle of the Bean 5K and placed first in her age division, Lisa Boos had a baby boy on February 7th.
3. Guest Speakers – Mary Allison and Sarah Sanders – Sarah presented Information on heart health benefits of dark chocolate and red wine, and Mary led us through some pairings and tastings.
4. Clothing – Saskia Jacobse (kcexpresslongrun@gmail.com) and Heather Buchwitz (hjbuchwitz@gmail.com) - a survey was handed out to members asking for input of types of clothing they would be interested in purchasing. Bondi bands are for sale.
5. Membership Report – Ginger Snawerdt (kcexpressmembership@gmail.com) and Cecilia Parle – It's time to renew your KC Express membership. Membership will be on yearly basis, from January through December, with January renewal annually. However, if you registered October through December, 2011, we will extend your membership through January, 2013 (but we ask that you provide emergency contact information to the membership committee). Dues are \$25.00. You can either register online or can get a mail-in form and pay by check. We are working on merging the new registration system with the old one; you may get duplicate e-mails for a time while this is worked out.
6. Newsletter – Ginger Snawerdt and Becky Belanger – Send any information you may have to put in the newsletter to Becky becky-belanger@kc.rr.com. The information needs to be submitted at least 10 days before the meeting.
7. Volunteerism – Tere Gathright (terewatts@hotmail.com) and Annie Schroeder (luvinlife1827@yahoo.com) – KC Express hosts Wed Night Run with a red dress theme on Wednesday, February 15th at Amy Medina's house. We will be providing mac & cheese. Volunteers are needed to bring mac & cheese, toppings for the mac & cheese. People for set up are needed and they need to arrive at 5:00 pm. Express will provide water.
8. Publicity and Website – Terry Mann (krmann@mindspring.com), Becky White, Jennifer Fox and Meredith Lai.

Invitations for the 30th birthday party have been printed and mailed, thanks to Shawnee Mission Medical Center. Ticket are \$10.00. The KCE giveaways are a recyclable lunch bag and a t-shirt shaped sticky pad. Reception and birthday cake at Eden Alley Café after the Party. There is information on the Express website.

The Mother's Day 5K website has been updated with this year's logo and colors. Becky designed the banner and Mary Allison designed the layout. Meredith Lai had the

idea the website for MD5K shares more information about KC Express.

WIN for KC Luncheon: Kelly Pfannenstiel was honored as Outstanding Mentor. WIN for KC also added info on our birthday event to their monthly email blast.

9. Long Run Coordinator – Saskia Jacobse (kcexpresslongrun@gmail.com) The group meets at 7:00 am Saturday mornings. The month of February it's meeting at the Einstein's on Shawnee Mission Parkway between Roe and Mission Road. In March will meet at Starbucks at Ward Parkway and in April will meet at Dunn Coffeehouse at 91st and Metcalf.

10. Walking Coordinator – Debbie Adair and Penny Terwelp (kcexpresswalkers@gmail.com) February they will be meeting at Panara on the Plaza. In March will meet at the Rosterie in Brookside at 63rd and Brookside. They have been walking for 45 minutes to 1hour.

11. MD5K – June Moore (racedirectormd5k@gmail.com (next Mtg: 2/23/12 at Janet Baker's house) – Registrations are starting to come in. New this year there will be an option for \$7.00 more race entrants can get a tech t-shirt. SMMC Women's Training Team starts Tues April 3 from 6-8:30 pm for 6 weeks. KCE Volunteer Pacers sign up at March meeting. Participants of the training team will get a very nice gift.

12. Hospitality – Mary Allison (mary333ann@yahoo.com) and Cecelia Parle: Great job on tonight's chocolate and wine talk and tasting!

Old/New Business:

1. 30th Birthday celebrations – KC EXPRESS 30TH BIRTHDAY PARTY AND BOOK LAUNCH – June Moore

March 1, 2012
Unity Temple on the Plaza
6:30 p.m.

Avid runners, moms, and authors Dimity McDowell and Sarah Bowen Shea will be on hand to a launch their new book *Train Like a Mother*. Followed by a party at Eden's Alley. Watch the web site for information on how to preregister.

Purchase \$10 tickets at 913-676-6777 or visit WomensTrainingTeam.com. Tickets will be received in the mail. Doors will open at 6:00 pm. Volunteers are needed before the event as greeters, to take tickets and to help with the KC Express table. If you volunteer for these positions, you will need to arrive by 5:45 pm. You will be given first choice of seating if you do volunteer.

2. 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, Tennessee**

<http://www.womenshalfmarathon.com>

Let Alisa know if you need a room. She also has flight information. Everyone is responsible for making their own plane reservations.

3. WNR – WE will host this event with our red dress theme on February 15, 2012 at Amy Median's house, 3950 Genessee St, Kansas City, MO 64111.

Next Meeting: Tuesday, March 6th – Jennifer Fox: Intro to Yoga – No bendy pretzel bodies required! Learn easy ways you can incorporate the peaceful and mindful aspects of yoga into your day-to-day life as well as trying some simple stretches to keep injuries at bay.

February Birthdays: Happy Birthday to all of the February 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!