

July 3, 2012 Kansas City Express Meeting Minutes

1. Welcome new members and guests!
2. Running/Walking/Volunteering Accomplishments – Mary Thompson did her first 4, 5, & 6 miles walks with the BRAG Team training, and Linda Eisenhart did her first 8 mile run.
3. Guest speaker: Trail Nerds/ MudBabes – Ben Holmes
4. Clothing – Saskia Jacobse (kcexpresslongrun@gmail.com) and Heather Buchwitz (hjbuchwitz@gmail.com) – no report
5. Membership Report – Ginger Snawerdt (kcexpressmembership@gmail.com) and Cecilia Parle

If you care about women's health you are at the right place. It is \$25.00 to join for a one year membership. Membership runs January through December.

6. Newsletter - Ginger Snawerdt and Becky Balanger – no report
7. Volunteerism - Tere Gathright (terewatts@hotmail.com) and Annie Schroeder (luvinlife1827@yahoo.com)
Current needs: 1-2 people on July 28th from 6am-10am to staff booth at the WIN for KC Women's Triathlon at Smithville Lake. If you are interested in doing a triathlon, volunteering for this event would be a good way to see what occurs during one.
8. Publicity and Website –Terry Mann (krmann@mindspring.com), Jennifer Fox and Meredith Lai

If you find information or articles that you would like to have put on the website or Facebook please contact us about it. For new members:

There are two websites for KC Express: the club website (kcexpress.org) and the MD5K race website (mothersdayrun.com). There are also two Facebook pages. The main one can be reached from the homepages of both club and race websites, and aims to be a resource for information on women's running/walking, as well as promoting our club and race. The second is reached one from the "Run/Walk/Train" page of the club website, and is used more for communication among the Saturday Running Group members.

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

July 's run will be at Einstein 's in Prairie Village. We will meet at 7:00 am.
10. Walking Coordinator – Debbie Adair and Penny Terwelp (kcexpresswalkers@gmail.com)

July and August will be at Roe Park at 7:00 am.
11. Hospitality – Mary Allison (mary333ann@yahoo.com) and Cecelia Parle

Old/New Business:

1. **BRAG** Team – Katrina Allen, Saskia Jacobse, Amy Medina, Kelly Pfannenstiel, and Melissa Stringer. Starts June 9 – October 13 at 7am
2. 40th Anniversary of Title 9 – event on July 17 at Central Exchange co-hosted by Win for KC. Also, Jennifer Fox's article will be posted on our web site.
3. 30th Birthday Destination Race – Katrina Allen and Alisa Mueller kcexpresspresidentelect@gmail.com

There are 18 people signed up to go to the destination race. We have 7 rooms still available. Most of the people are flying to Nashville on Southwest Airlines.

The Women's Half Marathon Race Series featured in Women's Running Magazine
September 22nd in Nashville, Tennessee <http://www.womenshalfmarathon.com>

Next Meeting: Tuesday, August 7th Running and Pregnancy. Hear expert advice from KCE member & OB-GYN, Dr. Sarah Newman, plus a panel of KCE members with personal experience.

July Birthdays: Happy Birthday to all of the July 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!