

**Kansas City Express Meeting**  
**August 2, 2011**

**Welcome New Members and Guests:**

Jeanette Hurley heard about us from Julie Cirlicuina, this month's speaker, she mostly walks but would like to start running. Becky Trankle and Carol Rauscher heard about us from a postcard they got at Longview Recreation Center. Caren Grandgenett did the MD5K. Beth Grant heard about us from Caren. Michelle Murowski heard about us at the St. Patrick's Day Run.

**Running/Walking Accomplishments/Volunteerism:**

Many of the Training Group members volunteered at GNO. They all received free bondi bands which normally sell for \$7.00.

- Alisa Galvin ran Rock the Crossroads where she achieved a PR.
- Katrina Allen participated in the Warrior Dash.
- Becky White ran her first marathon in Alaska in June.
- Trudy Nepstad ran Rock the Crossroads placed first in her age group.

**Guest Speaker: Julie Cirlicuina**

Julie Cirlicuina is the organizer of Women's Outdoor Recreation. She showed us slides and made us aware of all of the beautiful scenic parks right here in Kansas.

**Clothing: Jessica Walsh ([jessicawalsh76@gmail.com](mailto:jessicawalsh76@gmail.com)) and Pam Lueders**

Jessica and Pam are planning on placing an order for more jackets and vests when the weather gets cooler. Bondi bands and white wicking shirts with our new logo are available for purchase tonight.

**Membership: Ginger Snawerdt ([kcmembership@gmail.com](mailto:kcmembership@gmail.com)), Cecilia Parle, and Kimberlie Clyma**

Over 130 members have signed up online. We now have 186 members total. Winners of the sign up drawing are Karen Raymer and Cheryl Gray. Please sign up if you haven't already done so. Ginger has mailed a current list of members to Garry Gribbles as members receive a discount there. The membership team is looking for someone with computer skills to help with page layout.

**Volunteerism: Becky White ([bwhite@sosland.com](mailto:bwhite@sosland.com)), Carol Cunningham, and Alisa Galvin**

Girl's Night Out at the Royal went very well.

**Newsletter: Kelly Pfannenstiel ([kcexpress@gmail.com](mailto:kcexpress@gmail.com))**

The next Master Pieces magazine will be coming out shortly. There will be two more this year, one in October and one in December. If you have any articles you would like to include in either issue, please e-mail them to Kelly.

**Publicity and Website: Terry Mann ([krmann@mindspring.com](mailto:krmann@mindspring.com)), Becky White, and Meredith Lai**

We had a great turnout at KC Royals GNO. The Heart Association really appreciates our participation and having a booth also helps us get the word out about our club.

- In July we had a booth at the WIN for KC Triathlon.
- Volunteering is a great way to publicize our club.
- Our new website is great as we can easily update it and posts are easy to do.
- Meredith helps write contents and Becky helps with the art work.

**Training Program: Saskia Jacobse ([kcexpresstraining@gmail.com](mailto:kcexpresstraining@gmail.com))**

This Saturday meet at 7:00 A.M. at Einstein's in Prairie Village for a 6 mile run for both the 10k and the ½ marathon group. There will also be a group meeting at 5:40 for those who would like an early start and may want to beat the heat.

There will be a Tutu Fun Run on Sunday September 18<sup>th</sup> at 9:30 A.M. in honor of the opening of the new Kaufmann Center. We will all be wearing tutus. This will not be a timed run. We will be having a tutu making party and we will also be wearing tiaras that were left over from the MD5K. We will have cupcakes and sparkling grape juice.

**Long Run Coordinator: Saskia Jacobse ([kcexpresslongrun@gmail.com](mailto:kcexpresslongrun@gmail.com))**

Saskia was not able to be at the meeting but the Long Run group meets every Saturday at 7:00 A.M. at various locations around town. The location changes each month. Saskia e-mails us a route and a reminder each week and puts out water for us along the route.

**Walking Coordinator: June Moore ([kcexpresswalkers@gmail.com](mailto:kcexpresswalkers@gmail.com))**

The walkers meet every Saturday at 7:30 or 7:00 A.M. in the summer.

Last week everyone got soaked as it started pouring just as everyone was at the farthest end of the trail.

Sheila will be leading the group this week from Roe Park at 7:00.

Another week the group will be meeting at North Face on the Plaza to walk the 10K route and they will also be walking the Helen Gold 10K route.

June still has shirts for Training Team members.

**Hospitality: Mary Allison ([mary333ann@yahoo.com](mailto:mary333ann@yahoo.com)) and Cecelia Parle**

Thanks to all of this month's birthday members who brought treats. Additionally, Mary and Cecelia supply a light dinner item for us.

**Old/New Business:**

1. Summit for the Heart Run is this Sunday August 7<sup>th</sup>. Emily Patton ([empatton35@hotmail.com](mailto:empatton35@hotmail.com)) has worked on and organized this in order to achieve her Girl Scout Gold Award. It starts at Shelter One in Legacy Park. She has enough volunteers but would appreciate it if we could sign up and run.

2. June is our new MD5K Race Director. She will have our first meeting in September.

**Door Prizes**

**Next Meeting:** Tuesday, September 6, 2011. Rita Kalmus, a Black Belt, Aerobic Instructor and Personal Trainer will present: Self Defense for Active Women.