

Kansas City Express Meeting Agenda

January 3, 2012

1. Welcome new members and guests! We had one new member: Janet Dye, she is a runner.
2. Running/Walking/Volunteering Accomplishments – Kelly Pfannensteil ran the Run for the Ranch marathon, she placed third in her age group. Several members were bell ringers for the Salvation Army Kettle. The Leawood Lions club asked our club to provide bell ringers for one Saturday in December in exchange they help with the Mother's Day 5k.
3. Guest Speaker – Eric Bunch from BikeWalkKC www.bikewalkkc.org/education
4. Clothing – Saskia Jacobse (kcexpresslongrun@gmail.com) – a survey was handed out for members to fill out about what clothing they would like to see in the future. Trudi Nepstad is selling neck socks. They are great for running in the cold weather.
5. Membership Report – Ginger Snawerdt (kcexpressmembership@gmail.com) and Cecilia Parle – They are in the process of getting the online renewal membership for 2012 setup. Dues will be \$25.00. If you joined between September through December of 2011 you will be good for 2012. Renewal of membership will be online. KC Express is no longer part of MARA. It is a member of RRCA. If you still want to be a part of MARA, you will need to join that separately. Once the membership is setup, they would like people to join within 60 days.
6. Volunteerism Tere Gathright (terawatts@hotmail.com) and Annie Schroeder – no report.
7. Publicity and Website – Terry Mann (krmann@mindspring.com). Jennifer Fox and Meredith Lai Shawnee Mission Medical Center will be sending out nice invitations for the 30th Birthday Celebration, designed by Becky White and Meredith Lai. Mary Allison is designing a new look for our race website. It should be read to go live at the end of the month. If you see anything on the website that you think needs changing, let Terry know.
8. Long Run Coordinator – Saskia Jacobse (kcexpresslongrun@gmail.com) – January will meet at Einstein's in Prairie Village. Start time is 7:00 a.m. If you are not getting e-mails about the long runs and you would like to be getting them, e-mail Saskia.
9. Walking Coordinator – Debbie Adair and Penny Terwelp (kcexpresswalkers@gmail.com) – January will meet at Panera on the Plaza. Start time is 7:30 a.m.
10. MD5K – June Moore (racedirectormd5k@gmail.com) – Next meeting will be January 26 at Sheila's house. Start time is 6:00. Bring a dish to share.
11. 30th Birthday Celebrations.
12. Hospitality – Mary Allison (mary333ann@yahoo.com) and Cecelia Parle - During your birthday month you are asked to bring a dish to share. Express will provide a light meal.

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 pm

Avid runners, moms, and authors Dimity McDowell and Sarah Bowen Shea will be on hand to 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 register. Shawnee Mission Medical Center will be taking registrations for this event. The cost is \$10.00. If you know of anyone who might be interested in coming to this, please invite them. It is open to the public. The room seats 1,000 people. The subject of the talk will be "Believe in yourself as a runner or walker." The authors will be here the next day for a run/walk.

2. Destination Race – Katrina Allen –

**The Women's Half Marathon Race Series featured in Women's Running Magazine
September 22nd in Nashville, Tennessee**

<http://www.womenshalfmarathon.com>

"There's nothing like traveling and doing a race. It may not make for speedy times or easy recoveries, but it does something else. It brings passion to my journeys. And there's no better souvenir than one you have earned by running 13.1 miles." – Rachel Toor, Race Travel, Running Times – March 2011 (*Runnersworld.com Daily Kick in the Butt*)

Sign up Between January 21 and January 31 to get a \$10.00 discount. The discount code is KCEXPRESS. The hotel is the Rennasice Marriott for \$169.00 per night. Let Katrina know what you will be needing regarding rooms by e-mailing her. There is a half marathon and a 5K race. The time limit on the half marathon is 4 hours.

3. WNR – February Red Dress Run – Amy Medina has offered her home for this run. The date is Feb 15. People are encouraged to wear a red dress to run in.

Next Meeting: Tuesday, February 7th – Red Wine and Dark Chocolate. Are they really good for you? Come taste and decide.

January Birthdays: Happy Birthday to all of the January 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!