

KANSAS CITY EXPRESS MEETING MINUTES  
JULY 5, 2011

**Welcome New Members and Guests:**

Tamela Carter, Teri Corkin, Penny Terwels, Jimmi Lossing, Becky Glander, Kristin Davalt, Bridgett Burnett, Martha Mocher, Jill Jacob, Ruth Day.

**Running/Walking/Volunteering Accomplishments:**

Lenexa Freedom Run: Virginia Harmer, Bridgett Burnett, Tamela Carter, Jane Smeltzer, Annette Dicamio.

Virginia placed first in her age group. Bridgett had a PR of 47:23. Annette Dicamio ran 6 miles for the first time.

Kelly Pfannenstiel started running only 4 years ago. She is now running marathons. Along with her husband and son, she ran Grandma's Marathon in Minnesota and a few weeks later they ran the Charlevoix Marathon in Michigan, so now all three qualified to be "Marathon Maniacs". Her son Brandon, also qualified for Boston after running the Grandma's Marathon.

**Guest Speaker: Pip Taylor**

Pip Taylor has been a professional athlete for 12 years. She lives here half of the year and spends the other half in Australia. She is also a sports nutritionist. She won the KC Half Marathon last year and placed in the Kansas ½ Ironman two years in a row. She told us that what we eat and when we eat it makes a big difference. A good diet optimizes our talents. She answered all of our questions on this topic.

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

Jessica and Pam will be taking orders for vests and pullovers with our new logo. White wicking shirts with our logo will be given to all of the volunteers at GNO, and extras will be available to purchase for \$15 at the Aug. 2 meeting. Also available are green bandanas for \$1.00 and visors.

**Membership: Ginger Snawerdt ([gingerle@hotmail.com](mailto:gingerle@hotmail.com)), Kimberlie Clyma and Cecelia Parle**

Cecelia is now helping Ginger as Kimberlie is phasing herself out.

We have 100 new members since the MD5K. Prior to this we had about 50 new members per year.

We will now be signing up online. Everyone is asked to sign themselves up online so that we will all be in the data base and this will become our membership roster. Also, when signing up we will check which categories we wish to receive e-mails from, for example: running group, walking group etc.

All members receive a discount at Gary Gribbles.

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

No one from this committee was present.

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

If you have an article you would like to submit for Masterpieces, please get it to Kelly by the 15<sup>th</sup> of the month.

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

Terry will post photos on our website from our races.

We had a booth at Sure West that was staffed by Melissa Stringer.

We will have booths at two big events in July: Girl's Night Out at the Royals and the Win for KC Triathlon.

Training program members that ran in the Freedom Run wore their new KC Express t-shirts, which is good publicity for the club.

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

Over 80 women have signed up for the Training Program. Some are walkers and some runners. They are training for a 10K and some are also planning on running the half marathon in the KC Marathon this October. The 10K will be the Helen Gold 10K held in September.

Express members will be volunteering to host a water stop at the KC Marathon. This year we will be wearing tutus.

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

The long run group meets at different locations each month. Saskia sets out a course and puts out a box with water and Gatorade every few miles. The group meets at 7:00 A.M. After the run everyone gathers for coffee and friendship. In July they will be meeting at Coffee Girls, August they will meet at Einstein's in Prairie Village and in September/October at Panera in Prairie Village.

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

Training Team members are now walking with the walking group. They meet at 7:00 A.M. on Saturdays at Roe Park. Training Team members also receive a weekly e-mail with a training schedule.

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

Mary thanked everyone who brought food. This meeting was the first time we ran out of food because of a great turnout. Please bring a dessert to share on your birthday month.

**Old/New Business:**

1. Girls Night Out is on July 23<sup>rd</sup>. Please contact Melissa Stringer for tickets ([longrunningjeep@gmail.com](mailto:longrunningjeep@gmail.com)). There are already enough volunteers for our booth, but please join us to watch the game at 6:10. Before the game there will be CPR, Zumba and Cooking demos.
2. Emily Patton would like some participants and/or volunteers for her Summit for the Heart 5K on August 7<sup>th</sup>.
3. June Moore will be our new Race Director for the 2012 MD5K.

**Door Prizes**

Next Meeting: Tuesday, August 2, 2011. Topic: Scenic Trails and Parks in Kansas, presented by Julie Cirlincuina, organizer of Women's Outdoor Recreation.