

January 4, 2011

Kansas City Express Meeting Minutes

1. **Welcome to new members and guests:** Kelly Pfannenstiel, President opened the meeting and had a go around for everyone to introduce themselves as we had guests, new members and returning members present
2. **Vote:** Kelly informed members that the vote for the proposed bylaws change for KC Express to become an independent entity was occurring in the hall outside the meeting room, and encouraged those to have not cast their votes to do so at that time. The meeting would follow the regular agenda and Kelly would announce the results of the vote toward the end of the meeting.
3. **Running, walking and volunteering accomplishments:** Many members had running accomplishments in the past month and shared these with the group. Congratulations were given to everyone for their accomplishments.
4. **Lisa Cherepak, Guest Speaker:** Lisa's topic was "Benefits of Pilates for Runners and Walkers". Lisa reviewed the history of Pilates, the focus on the development of core strength and led members in trying some of the basic exercises. She had a drawing for an individual Pilates session, and Jacqui Grimes was the winner.
5. **Membership Report:** Ginger Snawerdt (gingerle@hotmail.com) and Kimberlie Clyma requested that members contact them with any changes in contact information. They were also available to speak to guests about membership.
6. **Volunteerism** – Heather Hunter (heatherzie@yahoo.com) and Becky White are the volunteer coordinators. Heather announced that KCE will be hosting the Wednesday Night Run on 2/9/11; 6:00 p.m. at Terry Mann's home, 5540 Belinder, Fairway, Kansas. We will have a sign up sheet next month for food and the main dish this year will be macaroni and cheese. Mary Edwards, one of the founders of Wednesday Night Run, shared the history of the run, and Sue Robinette, who is a member of KCE and the KC Track Club, spoke about the social aspects of the run. This will be the "Red Dress Run" in honor of February being Women's Heart Health Month and everyone is encouraged to wear red dresses.
7. **Publicity and Web Site:** Terry Mann (krmann@mindspring.com), announced that she, Becky White and Meredith Lai have been busy working on the Mother's Day 5K. She passed around the sponsorship flier for the MD5K for members to see, and showed the design for this year's daisy developed by Trudy Nepstad. KCE information cards are available listing the meeting topics for the next six months. Members were encouraged to take cards to handout to alert the community about upcoming events.
8. **Long Run Coordinator:** Saskia Jacobse (saskia7@kc.rr.com) announced that the Saturday Long Run will meet at Einstein's Bagels, in Prairie Village; 7:00 a.m. in the month of January.
9. **Walking Coordinator:** June Moore (emo01966@aol.com) announced the Saturday Walking Group will meet at Panera on The Plaza (47th and Pennsylvania) at 7:30 a.m. in the month of January.
10. **Hospitality:** Mary Allison and Cecelia Parle. Mary thanked everyone who has a birthday in the month of January for bringing treats. She reviewed that a light main course is

provided each month and that members having a birthday in that month also bring treats to share.

11. **MARA Report:** Karen Raymer and Ann Lento. Dee Bahr asked for a financial report from MARA and KC Express. Karen reported that MARA currently has over \$14,000 in the bank. Melissa Stringer, Treasurer for KC Express and June Moore, Past President informed Dee that Melissa presented financial information in the November special meeting and we plan periodic financial updates. If Dee (or any KCE member) would like financial information the procedure is to make a written request to the KCE Finance Committee. Cathy Casto, a member of the Finance Committee informed Dee that the request could be sent to her at 26mileturtle@gmail.com.
12. **Clothing** – Jessica Walsh and Pam Lueders were unable to attend the meeting but are working on some new clothing items. Saskia shared that one of the items they are considering is the light weight, hooded jacket that MD5K committee members received in 2010 as these are attractive and a popular item.

Old/New Business:

1. **MD5K :** Saskia Jacobse (racedirectormd5k@gmail.com) thanked everyone who has volunteered for the MD5K Race Committee and announced the first meeting will be held Monday, 1/17/11; 6:00 p.m. at Mary Edward's home, 800 Huntington, KCMO. She is aware that Janice Young-Miller and Mary Allison would be glad to get more help with sponsorship. Also, she encouraged members to consider asking their employers to be sponsors. Janice Young-Miller, sponsorship, reported that Shawnee Mission Medical Center (SMMC) has again agreed to be our major sponsor. Although they will not be able to increase their financial sponsorship this year, they have agreed to increase the in-kind donations including providing the billboard for free this year. She had just spoken to Dick's Sporting Goods that day and they are very enthusiastic about having packet pick up at Dick's again this year. She reminded them of how we have grown and may have close to 4,000 women walking through their store and buying Dick's merchandise as well as picking up their packets.
2. **Phyllis Bahner Pace Setter Award:** Janice Young-Miller thanked the members for her selection for the Pace Setter Award as she was unable to attend last month due to illness.
3. **WIN for KC Women's Sports Awards Luncheon** – Senior Sports Woman Award is going this year to member Mary Edwards. Mary is one of the founders of KCE, and recently completed bicycling across the U.S. Congratulations were given to Mary from the group. Terry Mann asked that if members are interested in attending that they contact her by 1/07/11. Tickets are \$75.00 each. The luncheon will be held 2/04/11; 11:30 a.m. at the Hyatt Regency Crown Center.
4. **Bylaws change vote totals:** The vote to amend the bylaws was passed by a vote of 39 'yes' votes vs. 11 'no' votes, achieving the 2/3 majority. Kelly thanked everyone for their passion and involvement in this process.
5. **Plans for the future:** Kelly informed the group that we are looking at ways to meet the needs of members as well as celebrate our 30th year in 2012. In response to members'

requests for additional training, we are sending four members of the club to the RRCA coaches certification class in February to provide coaches for group members. She reported that one idea being considered in honor of our 30th year is to offer a group trip for a run and reminded the group that KCE was founded to send women to events to run.

Saskia also shared an idea we are considering for a fun run. In September, 2011 the Kauffman Performing Arts Center will be opening downtown and to celebrate this, we are in the initial stages of planning a “tutu run” in costume.

June Moore said that another idea being planned for 2012 is bringing in a national speaker for a city-wide event. We have had initial discussions with SMMC and they have expressed interest in co-sponsoring this event. If a member is interested in being on the planning committee for this, please let June know.

Next Meeting: 2/01/11 in the Abel Lawrence Room. Speaker - Liz Tatham, “Never Give Up”

Door prizes were given out

Meeting Adjourned

Minutes submitted by June Moore