

KANSAS CITY EXPRESS  
JUNE 7, 2011  
OPEN HOUSE MEETING

**Welcome new members and guests:**

We had quite a few new members and guests. Many joined us because of the new Running and Walking training program. Following are our newest members and guests:

Penny Terwelp  
Kelli Schoenthaler  
Melissa Oberling  
Dolores Burke-King  
Jackie Nelson  
Cindy Roenigk  
Jessica Franzen  
Danelle Gassen  
Diane Peasley

Laurie Michie  
Alisa Galvin  
Tere Gathright  
Desi Miller  
Debbie Adair  
Jenifer Nelson  
Denise Smith  
Kimberly Dexter  
Allison Wynn

Mary Lucas  
Joni Fields  
Annette Decanio  
Faleicia Covington  
Brenda Power  
Michele Sing  
Sarah Dee  
Patti Farmar  
Donna Blake

**Running and Walking Accomplishments:**

Christine Bresmer ran the Green Bay ½ Marathon, she ran Packer's Field and placed 5<sup>th</sup> out of 41 women in her age group, and came in 2<sup>nd</sup> in her age group in the Amy Thompson run and ran and finished the Boston Marathon in April. This is the 40<sup>th</sup> anniversary of when Karen Raymer started running. Ann Nelson and Janice Miller both won their age groups at the Amy Thompson run. Janice also placed first in her age group at our MD5K and 3<sup>rd</sup> in the Trolley Run. Marla Thompson ran with the cows in Bucyrus, KS. Melissa Stringer hiked the Grand Canyon and Grand Tetons.

**Clothing: Jessica Walsh and Pam Lueders:**

We can order new jackets and vests with our new logo. They will cost approx. \$30-\$33

**Membership Report: Ginger Snawerdt and Kimberlie Clyma:**

There is a new 'Enter to Run' roster to sign up for KC Express on online. Those who signed up on line for the Training Team are automatically signed up for KC Express. Paper entries have not yet been entered. Some new ladies asked about the benefits of membership. Some of the many benefits are: monthly meetings, free Saturday Running and Walking groups, 20% discount at Gary Gribbles, club events that we plan, like the Martha Stuart run last year and a fun run is being planned for Sunday 9/18 in honor of the opening season of the new Kaufmann Performing Arts Center where we will be running in our tutus. This year membership is free but will be between \$20-30 annually starting next year.

**Volunteerism: Heather Hunter and Becky White**

Thanks to everyone who helped with the Training Team this year.  
We will be manning an aid station at the KC Marathon and will need volunteers for that.

**Newsletter: Kelly Pfannenstiel**

Kelly writes the 'President's Message' in "Masterpieces", the MARA magazine. KC Express has 2 pages in the magazine so we are always looking for new ideas. Please e-mail Kelly with your ideas.

**Publicity and Website: Terry Mann, Becky White and Meredith Lai**

- The MD5K, our biggest publicity event was a great success.
- This year we have two training teams. The first was in the spring to get people ready for the MD5K and we currently have one that meets on Saturday mornings to help people run and walk longer distances.
- We have a very attractive new logo designed by our member Suba Nadarajah. Becky White does the layouts for our printed material.
- Our newest project is to make sure everyone has identification when they run. We purchased and have been handing out shoe id tags with our new logo.
- We will have a booths at the KC Royals GNO July 23 and the WIN for KC Triathlon July 30.

**Training Program: Saskia Jacobse**

The Training Program started 3 weeks ago. It is led by Saskia, Kelly, Amy and June who completed a training course this past January. The runners are already up to 4-5 miles. They will be encouraged to run in a 5K on July 4<sup>th</sup> and will be preparing for the Helen Gold 10K in September and the KC ½ Marathon in October.

**Long Run Coordinator: Saskia Jacobse**

The long run group meets Saturday mornings at 7:00. They meet at a different location each month and gather for coffee and friendship after. Water is put out every few miles. This month meets at the Roasterie in Brookside. Next month at Coffee Girls.

**Walking Coordinator: June Moore**

The walkers meet every Saturday morning at 7:30 at Roe Park. They also get together for coffee and friendship after. June is also training a group of walkers for the 10K and KC ½ Marathon. She sends the group a training e-mail suggesting they walk 30 minutes 3 times/week – 45 minutes 2 day/week.

**Hospitality: Mary Allison and Cecelia Parle**

Mary and Cecelia thanked everyone who brought a dish to our open house. They provide a light dinner at our meetings to accommodate those who come straight from work. Members are encouraged to bring a dessert on their birthday month.

**Old/New Business**

**MD5K:** Race Director Saskia Jacobse announced that we had a very successful race. We had 4,000 participants, the most ever. June, the year's co director will be next year's director. She will do a fantastic job. Suba is designing our new race t-shirt. We need volunteers for the Race Committee and sponsors.

**Volunteer Co Chair Opening: Kelly Pfannenstiel**

Heather Hunter and Becky White need another person to help them coordinate the volunteers.

**Door Prizes**

**Next Meeting:** July 5<sup>th</sup>, 2011. Pip Taylor, Professional Triathlete and Sports Nutritionist will be our speaker.