

Kansas City Express Meeting

May 3, 2011

The May meeting is our annual "momism" sign making meeting, and as such, was a bit unstructured due to many members still volunteering at the SMMC Training Team.

Sign Making

Many members had lots of creative ideas for "momism" signs, and these were worked on throughout the meeting. Saskia Jacobse brought beautiful tulips to be awarded to the person who created the "best" momism sign.

Clothing: Jessica Walsh and Pam Lueders

Shirts with the new KC Express logo are still available. Pre-orders cost \$10. Non pre-orders are \$15.

There will be lots of KC Express clothing available for purchase at the Mother's Day 5K Run/Walk for Women starting at just \$5.

Running/Walking/Volunteering Accomplishments

Christine Bremser completed the Boston Marathon, along with Marilyn Lappin and Cathy Casto. (This was Christine's first time in the Boston Marathon)

Janice Young-Miller won third place in her age group at the Trolley Run

Kelly Pfannenstiel paced at the Lincoln Marathon. (This was her second full marathon)

Training Team Update: Kelly Pfannenstiel

After the final Training Team was over, Kelly came to the meeting with her update. Kelly talked to the Training Team about the KC Express Open House, and our new 10K and Half Marathon training program. She also talked about our monthly meetings and the upcoming speakers.

Vote on Amended By-Laws

A vote was held for our proposed amended by-laws which was passed

Volunteerism:

Girls on the Run 5K is coming up on May 21st in Leawood at the Town Center Plaza.

Mother's Day 5K Run/Walk for Women: Volunteers are still needed for both packet pick-up and the run itself.

More course monitors are needed.

Heart & Sole on May 7th. We still need one more volunteer for packet pick-up

Hospitality: Mary Allison and Cecelia Parle

Our next KC Express meeting will be our annual Open House on June 7th, 2011. Mary reminded everyone that all are encouraged to bring a food item to share at the Open House. Mary will send out an email reminder before the meeting. We divide up the membership into groups in order to have a variety of food available for the Open House.

New Members from April

Tamera Rheuport, Donna Blake, Dawna Mouton, Debbie Adair