

Kansas City Express Meeting

April 5, 2010

Welcome New Members and Guests:

One new visitor: Suzanne Clayton who walks/runs

Running/Walking/Volunteering Accomplishments:

Rock the Parkway: Kimberlie, Maria, Virginia, Sandi and Gwen participated, Kelly and Jennifer paced and Jamie volunteered.

Guest Speaker: Janice Woolery, State Representative, RRCA, "Road Runners Club of America and You"

Janice Woolery, a certified coach reviewed the activities of RRCA

Clothing: Jessica Walsh and Pam Lueders

Shirts with our new logo will be available for purchase.

Membership Report: Ginger Snawerdt and Kimberlie Clyma

If there are any changes to your information, please let Ginger or Kimberlie know. Also, new members can now sign up on line.

Volunteerism: Heather Hunter and Becky White

Volunteers are needed for the Heart & Sole race which is the day before our MD5K.

Newsletter: Cathy Casto

Cathy has moved, so we are looking for a volunteer for the newsletter. Jennifer Fox will help in May. Please submit articles and information for Masterpieces by the middle of the month. Cathy still has the same e-mail address for those who would like to keep in touch.

Finance Committee:

The Finance Committee is looking for an additional member. If you are interested, please speak to Maria Cain or Kelly Pfannenstiel.

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

Saskia is scheduled to do a radio interview 610AM.

RRCA Coaching Certification: Saskia Jacobse

Saskia, Kelly and Amy were recently certified as running coaches. They would like to put together a program in the next few weeks that would keep up the Training Team's new found interest in running. It would be presented at the last night of Training Team. They would like to prepare the women for a run longer than a 5K and try and spark interest in the Long Run group. Some goal races for this would be the Lenexa Freedom Run 5K, Helen Gold 10K and the KC Half Marathon.

Long Run Coordinator: Saskia Jacobse

The Long Run group meets at 7:00 A.M. on Saturday mornings at a different location each month.

- April: Dunn Bros. on Metcalf
- May: Crown Center to get ready for Hospital Hill

Walking Coordinator: June Moore

This month there will be a special walk around the KS River. The group will meet at the Starbucks on Monticello Road in Shawnee for this walk. The group will then meet at Roe Park for the remainder of the month. The group meets on Saturday mornings at 7:30 A.M.

Hospitality: Mary Allison and Cecelia Parle

The hospitality committee provides a light dinner for the meetings. Members bring a dessert to share during their birthday month.

Old/New Business:

1. Bylaws Amendments: Janet Baker

Janet has added the Race Director as an officer. The amended bylaws will be given to Sheila to e-mail. We will vote on them at the May meeting.

2. MD5K: Saskia

Our next meeting will be Monday April 18th at 6:00 P.M. at Janice Young-Miller's home. 1235 W 62nd, KC, MO, (816) 444-6768.

The May meeting will take place at Corporate Woods on Sunday May 1 at 1:00 P.M.

Jamie has cord, Saskia has stanchions for our 'Momism' signs. Jamie has taken Cathy's inspirational spot.

3. Open Positions:

There are two open positions, one for the newsletter and one for the finance committee.

4. Win for KC Triathlon:

We've supported this group for the past 12 years and they are asking us to continue our support. In exchange they will put our banner out for us and hand out our brochures. In the past we've contributed \$250.

Saskia made a motion that we continue to sponsor them, Janet seconded it, we voted and it passed.

5. Our 30th Anniversary:

Katrina has looked into us doing a weekend trip to celebrate our 30th anniversary.

We would rent a bus to take us to Colorado around the 17th of July 2012. We would stay at the Cheyenne Mt. Resort and participate in the ZOOMA Women's Race series. There will be a 10K and a Half Marathon for us to participate in. The prices would depend on how many of us participate. The bus would be between \$112 and \$170 and the rooms are \$179/night. The trip is 10-11 hours long.

6. Tutu Run:

We are planning a 1 ½ mile fun run on the morning of Sept. 18th to start in front of the Performing Arts Center to coordinate with the season's opening weekend, September 16th-18th.

Door Prizes

Our next meeting is May 3rd. We will be making our 'momism' signs.