

Kansas City Express Meeting Agenda

Minutes for December 6, 2011 KC Express Meeting

Running/Walking/Volunteering Accomplishments

There will be a place on the Mother's Day 5K website where members can put blurbs about your accomplishments and family accomplishments.

Clothing – Jessica Walsh (jessicawalsh76@gmail.com) & Pam Lueders

If anyone pre-ordered vests or long sleeved shirts, they are in. There are bondi bands and arm warmers for sale. Saskia will be taking over the Clothing position in 2012.

- Neck Socs – Trudy Nepstad (Nordic.t@earthlink.net)
Trudy has made neck socks to coordinate with our shirts in the green.

Membership Report – Ginger Snawerdt (kcexpressmembership@gmail.com), Cecilia Parle

If you have any changes, or you are not receiving e-mails about the long walks/runs talk to Ginger about this. January, 2012 you will need to register, sign-up. There will be a \$25.00 fee. We will let you know when you will need to do this.

Volunteerism – Tere Gathright (terewatts@hotmail.com) & Annie Schroeder

On December 17th we have been asked by the Leawood Lions Club to ring bells for the Salvation Army . Shifts are one hour. Tere and Annie will have hot drinks and treats there for volunteers.

Publicity and Website – Terry Mann (krmann@mindspring.com), Becky White, & Meredith Lai

We have cards to handout for our birthday party/author event and the Express Info-cards with meeting topics for Jan-June 2012. We also have Sponsor Information sheets for MD5K. Please take some and distribute.

Training Program Naming Contest – Meredith Lai (meredithlai@gmail.com)

We are having a contest to name our training program. We want a name that conveys what we are about and what we are trying to promote. E-mail suggestions to kcexpresspres@gmail.com. A prize will be awarded to the winning contestant.

Long Run Coordinator – Saskia Jacobse (kcexpresslongrun@gmail.com)

Long run group is meeting at Panera at 83rd and Mission in December. No long run on December 10th; instead go to the Chili Run put on by MARA at Wyandotte County Lake. The trail is six and half miles around the lake. a . The run starts at 10:00 but the long run group will start at 9:00. There will be prizes of gift certificates to MARA members. The cost is \$5.00 for non-Mara members. You are asked to bring a side dish. They will take gently used clothing: t-shirts, running shoes, etc.

Walking Coordinator – June Moore (kcexpresswalkers@gmail.com)

The walking group will meet at Panera on the Plaza at 7:30. Debbie Alaris and Penny Terwelp will be taking over as coordinators of the walking group in 2012.

www.kcexpress.org

Look for KC Express Long Run Group & KC Express Mother's Day 5K on Facebook!

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MD5K – June Moore (racedirectormd5k@gmail.com)

The Race Committee is looking at some new ideas for this race. The next meeting will be January 26th Meeting – Sheila Wood’s home, 9616 Riggs, Overland Park, KS, 66212

30th Birthday Celebrations –

- **Author Event & Party – June Moore (racedirectormd5k@gmail.com)**

Thursday, March 1, Unity Temple on the Plaza. Speakers are Dimity McDowell and Sarah Bowen Shea, authors of Run Like a Mother, who will be launching their new book, Train Like A Mother. Following will be a reception at Eden Alley Cafe. We will be the first place in the country you can get their new book. Rainy Day Books will be there selling the books. This event will be open to the public. There will be a \$10.00 ticket fee. The following morning the speakers will be here for a run.

- **Road Trip – Katrina Allen (kcexpresspresidentelect@gmail.com)**

The destination race is the Women’s Nashville, TN race. We will leave 9-21 and return 9-23. The race is 9-22. They have a half marathon and a 5k. We will be flying to the race. E-mail Katrina what you will be needing regarding how many rooms. She will be taking deposits in January.

Olive Drew a long time member had hip surgery. She is home bound and she would love to get cards from our members.

Old/New Business:

1. 2012 Board – Kelly Pfannenstiel (kcexpresspres@gmail.com)

- President – Katrina Allen
- President Elect – Alisa Mueller
- Secretary – Virginia Harmer
- Treasurer – Melissa Stringer

2. Thank you to the 2011 Board and Committee Members – Kelly Pfannenstiel (kcexpresspres@gmail.com)

Kelly was selected for Mentor of the Year. She will be honored at the WIN for KC luncheon on February 3rd. Express will pay \$50.00 for your ticket if you are interested contact Terry Mann. This luncheon is a fundraiser for WIN for KC.

3. Phyllis Bahner PaceSetter Award – Janice Young Miller (ryainc@earthlink.net)

Janet Baker was the much deserved winner this year. Congratulations Janet.

4. E-mails:

- kcexpresspres@gmail.com Racedirectormd5k@gmail.com
- kcexpresspresidentelect@gmail.com kcexpressmembership@gmail.com
- kcexpresspresidentelect@gmail.com kcexpresssecretary@gmail.com
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5. Olive Drew, a long time member, had hip surgery. She is home bound and she would love to get cards from our members.

Next Meeting: Tuesday, January 3rd, 2012 in the Auditorium – *Ready to Ride?* JOCO Bike Club member Kent Fulton will offer fun tips for biking in the metro area.

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