

KANSAS CITY EXPRESS MEETING

March 1, 2011

Welcome New Members and Guests:

- Ida Weidel found us through her neighbor Donna
- Chris Lenore found us on line, as did Jennifer Kern
- Sara Patton is Emily Patton's sister

Running and Walking Accomplishments and Volunteerism:

- Maria Cain and Jamie La Porte volunteered at the finish line for the Steps for the Chest 5K.
- Allissa Muehler ran her first 10K.
- Lynn, a member of the walking group, has been running on Sundays with Rock the Parkway Groupie training group to prepare for her first 5K.

Guest Speaker: Janice Louden

- Janice is a physical therapist and talked to us about running mechanics and how to avoid injury.

KC Express Logo Launch:

- Subashini Nadarajah talked about the development of our new logo. She put a lot of heart into it, as she has been part of our group and understands that the key to success at KC Express is our heart.

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

- We have a new website coming with our new logo and a web banner using the ribbons of color from Suba's color chart. Becky White is helping with this design.
- Terry has ordered id shoe tags with our new logo to give away at training team and our MD5K.
- Our new logo is also on all of the MD5K material and the MD5K billboard off of I35.

Clothing: Jessica Walsh and Pam Leuders

- New wicking t shirts with our new logo will be given to all of the Shawnee Mission Training Team helpers.

Membership Report: Ginger Snawerdt and Kimberlie Clyma

- Neither Ginger nor Kimberlie were at the meeting but we reported that there will be no membership dues this year.

Volunteerism: Heather Hunter and Becky White

- The Diva Dash 5K is this Saturday at Park Place in Leawood. It is an all women run and supports Girls on the Run. They would like us to provide them with 5-7 volunteers in exchange for providing us a free booth to promote our club. Volunteers are needed on Friday between 2:30-7:00 and 6:30 – 9:00 on Saturday morning.
- Olathe Running Club's Heart & Soul is on 5/7.

Newsletter: Cathy Casto

- If anyone has an article to submit the deadline is the 15th of the month.

RRCA Coaching Certification: Saskia Jacobse

- Four members went to a weekend training session for Coaching Certification: Saskia, Cathy, Kelly and Amy. The first day they had sessions on physiology, nutrition and injury prevention. The second day covered the hypothetical runner, training plans for ½ marathons, base building phase and speed training phase.
- They also got their certifications in First Aid and CPR.
- We would like to use this training to start a bridge from the Shawnee Mission Training Team for the MD5K to train women for a 10K and then a ½ marathon. We will talk about this at one of the training team sessions.

Long Run Group: Saskia Jacobse saskia7@kc.rr.com

- The total course is 12 miles. There are stops with water and Gatorade. A weekly e-mail reminder is sent out. The group meets at 7:00 A.M. on Saturdays. Everyone runs as much or as little as they want and then we meet for coffee at a different location each month.
 - This month: Panera on 75th. This is a new location and course.
 - April: Dunn Bros. at 93rd and Metcalf. This is also a new location and course.
 - May: Crown Center to get us ready for Hospital Hill.

Walking Group: June Moore emo01966@aol.com

- The group meets at 7:30 on Saturday mornings at various locations.
 - This month: Panera on the Plaza
 - Next month: Starbucks on Ward Parkway
- Elizabeth White will be subbing for June in the next 2 weeks.

Hospitality: Mary Allison and Cecelia Parle

- A light dinner is provided for our meetings and people whose birthday is that month bring a snack or dessert.

Old/New Business

1. Diva Dash – Saturday March 5th at Park Place in Leawood
2. St. Patrick's Day Centipede – Saturday March 12th at 10:00 A.M. Our Centipede will be Irish Bumblebees with Kelly as Daisy and a team of 9 bumblebees.
3. MD5K- Saskia Jacobse –
 - Next Committee Meeting is Monday, March 21st at Sheila Wood's home
 - Training Team starts Tuesday March 29th at Shawnee Mission Medical Center from 6:00-7:30 P.M.
 - Saskia also reported that everything that goes into the race costs more this year so we need more sponsorship and also more food.
4. Go Red Luncheon is April 29th at the Overland Park Convention Center. We need a volunteer to staff our booth from 10:30-Noon. Please let Terry Mann know if you can help by March 15th. Also, there are 5 tickets available for the luncheon at noon.

Door Prizes

Next Meeting: Tuesday April 5th in the Abel Lawrence Room at St. Joseph's Med Center. Speaker will be Janice Woolery, State Representative for RRCA. She will discuss "Road Runers Club of America and You".