

KC Express President's Message January 2017

Greetings and Happy New Year! As President for 2017, I first want to thank all of the 2016 Board members, especially Tracey Weatherly, who guided us through two exciting years as President. Many of you probably know that, while not a founding member, I am a long time Express member. The Express has given me the opportunity to meet many fantastic women, and many great friendships over the years.

The Express has grown and changed a lot since I first joined the group, as we all have! Tracey brought us through several changes and updates in the last couple of years, and I look forward to keeping those going. While our mission remains the same, and our focus will always be on the importance of running and walking for women, we recognize that fitness is just one integral part of a healthy life. So in addition to running and walking (and cross-training activities), we will share speakers and tips on living a full life as strong wonderful women. I look forward to walking (or running) through 2017 with all of you. Thank you!

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