

## President's Message – July 2011

### Stepping Out of Your Comfort Zone

The Pfannenstiel family stepped out of our comfort zone with our “Marathon of Marathons” family vacation this year! In early January we picked Grandma’s Marathon as our destination race. After pacing the Lincoln Marathon this spring, I realized that if I added in one more marathon before the end of July, I could qualify as a Marathon Maniac. Thus began the process of becoming certifiably insane!

Locating a small marathon in Charlevoix, MI, the weekend following the Grandma’s race, we decided to add that into our vacation plans. Not only would this qualify me as a Maniac, it would also qualify our son Brandon, as he would be running two marathons in two weekends. (Mike had qualified last fall, so this feat would just add to his craziness!) As prior to 2010, I had vowed to NEVER run a marathon, this was definitely going to be stepping out of my comfort zone.

Grandma’s was an incredible experience. With perfect running conditions, we were all able to achieve PRs and Brandon qualified for the Boston Marathon! With a rainy week following the marathon, we had a chance to relax, watch movies, read books, and put together a puzzle. By the following Saturday morning, we were up early and ready for the Charlevoix Marathon

Due to lack of communication and planning, we had a slight scare at the beginning of the race as we couldn’t locate each other. Once we all found each other and settled into the rhythm, we were able to relax and begin conversing with the other runners. That is when we met Al Emma. While we were feeling pretty smug about running two marathons in two weekends, Al put us to shame. Charlevoix was Al’s 14<sup>th</sup> marathon this year. He had completed Grandma’s the weekend prior, and then gone up to Canada to run another one before Charlevoix. Oh, did I mention that Al is 71 and plans on completing 30 marathons this year?! I would venture to guess that for 99.9% of the population, that would be stepping WAY out of their comfort zones! After running a few miles with Al, we continued on, enjoying

## President's Message – July 2011

the random conversations and views of Lake Michigan. Though miles 16-18 proved to be a little testy, the Pfannenstiel family stuck together and crossed the finish line holding hands and thankful to be done!

Just as we stepped out of our comfort zone with our marathon of marathons, the 80+ women who have joined the KC Express Training Program continue to expand their comfort zone as they work towards their 10K and Half Marathon goals. Many of the women participated in the Lenexa Freedom Run on the 4<sup>th</sup> of July. While it was hot, we looked cool in our new Express tech shirts! The long runs and walks on Saturday mornings are providing time for conversations and friendship building. Each week is exciting as someone achieves a first in distance or improved time. What previously had seemed impossible is found to be attainable, and there's a sense of anticipation as other possibilities emerge. Though there are differences in ages and abilities, we are all striving towards the goal of health and fitness. Women are connecting to meet up for mid-week runs and walks to keep each other accountable and further develop friendships. It's an exhilarating time to be part of the KC Express!

I encourage each of you to take a step outside of your comfort zone this summer. Maybe you've become too comfortable with your same routine and it's time add on a mile to your normal route, show up for a group run, or enter a race (or two) Join me in getting a little crazy and having some fun while out on the roads and trails in Kansas City!