

President's Message – May 2011

Congratulations Graduates!

The Pfannenstiel household has been busy with all the activities surrounding Brandon's senior year at Olathe South High School – Senior Awards, National Honor Society, Government Project Presentations, Prom, Announcements and Open House Invites, and finally getting around to some home improvement projects in time for the Open House! It's an exciting time as we reflect back on all of the memories over the past 12 years of his education and celebrate the momentous occasion before he heads off to K-State this fall. We are so proud of him and the man he has become.

This past weekend, the Express had our own celebration with our 7th annual Mother's Day 5K! It was a beautiful day as close to 4,000 women and girls ran and walked the course through Corporate Woods. The race was a graduation for the Training Team participants who participated in the 6-week program sponsored by Shawnee Mission Medical Center. It's always such a thrill to see the women in their Training Team shirts out on the course and crossing the finish line with a smile on their face!

For many others, it was their own "graduation" as they completed their first 5K solo or with a training buddy. My sister-in-law was one of those completing her first 5K. She chose to honor her mother who recently who passed away by running the Mother's Day 5K. I was so proud of her, and it was exciting that her whole family journeyed together from Hutchinson to watch her achieve this goal. Next up, she's hoping that I can pace her through her first half marathon this fall!

Speaking of next steps, it's an exciting time for the Express as we launch our Beginner's 10K and Half Marathon Training Program later this month! We will be assisting women who have completed a 5K move on to the next level of running and walking as they increase their distance. I anticipate we will be celebrating many more graduations this fall as women complete the Helen Gold 10K and KC Half Marathon!

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Congratulations again to all the graduates this spring! Take time to reflect and celebrate your accomplishments. I hope that our paths will cross as you start taking the next “steps” in your journey of life!