

President's Message – November 2011

It's been a Joy!

As I'm writing this message, Thanksgiving is just a week away. It seems a perfect time to reflect back on this year serving as President of the KC Express. I can truly say that it has been a joy for me to lead the women of the Express during this incredibly exciting year! From becoming our own independent non-profit organization and introducing our new logo "Joy" to launching our first 10K and Half Marathon Training Program and planning our 30th Birthday Celebrations for 2012, it's been an amazing year of growth and renewal for our club. All I can say is "WOW"!

The talents and commitment the women of Express continue to humble me. Each woman has unique abilities and a selfless desire to share and contribute to the greater good. I'm thankful for the women who started KC Express 30 years ago and for all the women who have contributed and served since then. By keeping our focus on staying healthy while having fun, we've continued to meet the needs of the women in our community.

Speaking of fun, what a fun year it has been! We had our annual Red Dress Run in February, followed by Daisy and the Bees Centipede in the Westport St. Patrick's Day Run in March. We partnered with Shawnee Mission Medical Center in April to pace the women in their Training Team, which led right into our Mother's Day 5K in May with almost 4,000 participants. Our Training Program began almost immediately following the MD5K. Through the months of training, we celebrated our increased fitness and mileage with participation in the Lenexa Freedom Run, Helen Gold 10K, Kansas City Half Marathon, and our very own Tutu Run in September for the opening of the Kauffman Center for the Performing Arts. The tutus were put to further use by the Express volunteers at KC Marathon aid station at mile 6.5! Following the completion of our Training Program, we had a special run and discount night at Lucy's. November's meeting was the 3rd Annual Top Chef competition for our members and we all enjoyed tasting the variety of yummy, healthy dishes. Finally, we will be wrapping up the year with our

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Holiday Party in December, along with the announcement of the Phyllis Bahner PaceSetter Award recipient for 2011.

I finish my term as president thankful for all the wonderful women of the KC Express. It's been a joy!