

President's Message – September 2011

Celebrating Milestones

On October 4th, Mike and I will celebrate our 25th anniversary! To celebrate our silver, we have decided to run the Ft Lauderdale marathon together on February 19th and then race right to the cruise ship for a week to tour the Eastern Caribbean. Mike has already decided that we will have to stop at mile marker 25 for a picture to commemorate this milestone!

This past weekend, the KC Express Training Program celebrated the milestone race for our 10K participants. Approximately 25 women completed the Helen Gold 10K. It was a perfect race day, and we made a great showing in our white tech shirts with Joy (our Express logo) on the front. At the end of the Helen **Gold** race, we had a Celebration Station complete with **goldfish** crackers and chocolate **gold** coins! While some celebrated their first 10K, others celebrated new PRs or age placements. We all enjoyed time spent together as active women successfully completing a common goal.

We will soon be celebrating the completion of our first Training Program when our half marathoners complete the Kansas City Half Marathon on October 15th. I look forward to sharing news of that milestone with you in my last President's Message in November.

Finally, plans are coming along for milestone birthday celebrations in 2012 when the KC Express turns 30! Mark your calendar for Thursday, March 1st when the authors of Run Like A Mother attend our birthday party to launch their new book at Unity Temple on the Plaza. Following their presentation and book signing, we will have a reception at Eden Alley. More details on this milestone celebration and our girl's race weekend as the dates get closer.

I hope to hear stories of your milestone celebrations when we run into each other on the streets and trails around Kansas City!