

KC Express Minutes: December 4, 2012

1. Guest speaker: None today. We are here for a party!
2. Clothing – Saskia Jacobse (kcexpresslongrun@gmail.com) and Heather Buchwitz (hjbuchwitz@gmail.com) Stop by the back of the room to shop the great gear that's already here or to take a peek at what's coming!
3. Membership Report – Ginger Snawerdt (kcexpressmembership@gmail.com) and Cecilia Parle. It is time to renew membership. You can do this on-line. The cost will be \$25.00.
4. Long Run Coordinator – Saskia Jacobse (kcexpressrunners@gmail.com)

Meeting Saturdays at 7 am at Panera on 83rd and Mission. Please remember to leave plenty of parking by the doors for the regular customers.

Special Location for December 8 the long run this week will be cancelled in favor of the Chili Run! The Chili Run has been hosted by MARA for many years, as kind of a thank you to the running community. For years it was free, but now it costs \$5-10 to defray the cost of the chili. The run is held at Wyandotte County Park, as we run around the lake. It is very hilly and a tough 6.5 mile course, so the long run group typically starts early (at 9:00) instead of the "official" start time of 10:00. It's a relaxed fun run, and then at the end you get Chili! Also, a lot of people bring a little something to share – cookies, carrots and dip, really anything. The chili is great, and comes in regular and vegetarian. After the chili, MARA hands out their year-end awards, including the grand prix winners.

Old/New Business:

1. **BRRR Team** – mornings will start with a quick chat on building and maintaining a balanced approach to running. Then we'll have a group run (or walk) of 4-12 miles (choose your own distance!) and stick around for coffee and conversation after.
2. **The Phyllis Bahner Pace-Setter Award** is given in December of each year. Secret nominations are solicited from members for a person who has made a special contribution to our club. Sometimes they are high-visibility members whose work is obvious, but we also strive to acknowledge those who work behind the scenes on the good things we do. Winner must be someone who has not received the award before. Nominations are sent to last year's award recipient (**Janet Baker**), who awards the prize during the meeting.
3. This year's winner is Mary Allison. Congratulation to Mary!
4. **Win for KC Awards Luncheon – Friday, February 1 at 11:30 AM** – We have pre-purchased a 10-seat table to lock in seating and you can join us as one of our own fellow KC Express Members, Terry Mann, who will be receiving the team spirit award. Cost is \$50/seat and we have four seats left. Please see Melissa Stringer if you are interested in attending.
5. Voting on Approval of the Officers for 2013
President: Allisa Mueller; President-Elect: Tere Gathright; Treasurer: Jane Smeltzer; Secretary: Jimmi Lossing.
6. **Next Meeting:** Tuesday, January 8th – Emotional Eating by Shannon Hodges