

## KC Express Meeting Minutes: August 7, 2012

1. Welcome new members and guests! - Visitor Nichole moved from California. She is a runner.
2. Running/Walking/Volunteering Accomplishments

Katrina Allen finished her first triathlon.

Jimmi Lossing finished her first marathon the Cincinnati flying pig marathon

Alisa Mueller did her first triathlon.

Becky White finished her second marathon the Anchorage marathon.

Melissa Hart had a PR at the Rock the Crossroads 5K.

Virginia Harmer placed third in her age group in the 4 on the fourth.

Terry Mann volunteered at the WIN for KC Triathlon.

3. Guest speaker: Dr. Sarah Newman, plus a panel of KCE members
4. Clothing – Saskia Jacobse ([kcepressrunners@gmail.com](mailto:kcepressrunners@gmail.com)) and Heather Buchwitz ([hjbuchwitz@gmail.com](mailto:hjbuchwitz@gmail.com))

The leftover tech t-shirts from 2012 MD5K are for sale at \$15 per shirt and bondi bands at \$5 apiece. Saskia had sample shirts to try on for new club shirts. She is taking pre-orders. There is a green tank, a pink short sleeve shirt and a blue short sleeve shirt. All of these are tech shirts that will have the club logo on them. The tank is \$16 and the short sleeve shirts are \$21.

5. Membership Report – Ginger Snawerdt ([kcepressmembership@gmail.com](mailto:kcepressmembership@gmail.com)) and Cecilia Parle

With membership you get the benefit of a monthly meeting, weekly group run or walk, discounts at area specialty running stores such as Garry Gribbles and volunteer opportunities. Garry Gribbles should have the BRAG team names now so those members can receive their discount. If you change your e-mail, let Ginger know. The roster has been updated as of July.

6. Newsletter – Ginger Snawerdt and Becky Balanger

They are working on making the newsletter more user friendly.

7. Volunteerism – Tere Gathright ([terewatts@hotmail.com](mailto:terewatts@hotmail.com)) and Annie Schroeder ([luvinlife1827@yahoo.com](mailto:luvinlife1827@yahoo.com))

The Kansas City Marathon, on October 20<sup>th</sup> KCE will have a water stop and will need lots of volunteers to work it and cheer on runners/walkers.

Melissa Hart has started a charity that needs donations for Jamaicans. She is collecting shoes, adult athletic shoes new or gently used. She is also collecting school supplies and new adult athletic socks. She will be taking suitcases with these items to them when she goes there in October. There is a

website where you can donate or learn more about her cause (solefulsuitcases.blogspot.com). You can bring donations to her at the long runs on Saturday or to the September and October Express meetings.

8. Publicity and Website – Terry Mann(krmann@mindspring.com) , Jennifer Fox and Meredith Lai

We had a booth at the WIN for KC Triathlon. We have been asked to have a booth at the Kansas City Art Institute on September 25<sup>th</sup>.

On October 5<sup>th</sup> Shawnee Mission Medical Center will have their event: Speaking of Women's Health. They present two awards to women who have made an impact on women's health. Kelly Pfannenstiel is one of the recipients for inspiring her Sunday school class to do the Mother's Day 5k. They had their picture taken in their MD5K shirts. It was very good race publicity.

9. Long Run Coordinator – Saskia Jacobse ([kcexpressrunners@gmail.com](mailto:kcexpressrunners@gmail.com))

August will meet at Panera on 103<sup>rd</sup> and State Line. September and October will meet at Panera in Westport. Start time will be 6:30 due to the heat until further notice.

10. Walking Coordinator – Debbie Adair and Penny Terwelp ([kcexpresswalkers@gmail.com](mailto:kcexpresswalkers@gmail.com))

Meeting at Roe Park. Check the website for more details.

11. Hospitality – Mary Allison ([mary333ann@yahoo.com](mailto:mary333ann@yahoo.com)) and Cecelia Parle

#### **Old/New Business:**

1. **BRAG** Team – Katrina Allen, Saskia Jacobse, Amy Medina, Kelly Pfannenstiel, and Melissa Stringer.

If you have ideas of things you would like to learn about or have discussed, let Amy know.

2. 40<sup>th</sup> Anniversary of Title 9 – event at Win for KC and Jennifer Fox's article is posted on our website!

3. 30<sup>th</sup> Birthday Destination Race – Katrina Allen and Alisa Mueller  
[kcexpresspresidenceselect@gmail.com](mailto:kcexpresspresidenceselect@gmail.com)

**The Women's Half Marathon Race Series featured in Women's Running Magazine September 22<sup>nd</sup> in Nashville, Tennessee** <http://www.womenshalfmarathon.com>

**Next Meeting:** Tuesday September 4<sup>th</sup> Thinking about a Tri? Master Swim teacher and triathlete JoAnne Gabber will offer training tips.

**August Birthdays:** Happy Birthday to all of the August Birthdays! Thanks for bringing treats to share.

[www.kcexprss.org](http://www.kcexprss.org)

Look for KC Express Long Run Group and KC Express Mother's Day 5K on Facebook!