

KC Express Meeting Minutes for September 4, 2012

1. Welcome new members and guests!

There were three visitors: Shannon Hodge who walks, Jodi Kruger who runs and Connie came with an Express member and wants to get back into running.

2. Running/Walking/Volunteering Accomplishments

Melissa Hart participated in the Race for the Cure and had a PR.

3. Guest speaker: Kathy Boyd, Ultramax, bringing in training tips for Triathlons.
4. 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.

5. Membership Report – Ginger Snawerdt (kcexpressmembership@gmail.com) and Cecilia Parle
6. Newsletter – Ginger Snawerdt and Becky Balanger
7. Volunteerism – Tere Gathright (terewatts@hotmail.com) and Annie Schroeder (luvinlife1827@yahoo.com)

Express will have a water stop for the Kansas City Marathon. We need lots of volunteers for this. If you are not walking or running this event, please think about volunteering for the water stop. Our theme for our water stop this year is Margaritaville. A sheet was sent around for volunteers to sign up. You will still need to sign up online. If interested in volunteering contact Tere Gathright.

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

Becky White is nearly finished designing our **2013 daisy race logo**, so stay tuned to our website and FB for unveiling later this month!

Our first application of the new logo will be updating our race sponsorship information & sponsor levels with the new logo. (If you have any ideas or contacts for potential race sponsors, please contact one of our Sponsor Chairs.)

We'll be hosting a booth at **the KC Art Institute Health Fair on Sept 24.**

We'll also have a booth at the **Waddell & Reed KC Marathon Expo** at Crown Center Exhibit Hall and need volunteers to help staff the booth and talk to attendees about KC Express. Dates and shifts are below. We would like two people for each shift. Please contact Terry Mann (krmann@mindspring.com) if you can help.

Thursday, October 18th

Friday, October 19th

1:00 – 4:30 pm

11:00 am – 2:00 pm

4:30 – 8 pm

2:00 – 5:00 pm

5:00 – 8:00 pm

9. Long Run Coordinator – Saskia Jacobse (kcexpressrunners@gmail.com)

BRAG team will be meeting at 6:45. Long run group will meet at 7:00.

Meeting Saturdays at Panera, 4117 Mill St. KCMO (Westport). This will be the meeting place for September and October. November we will meet at Einstein's in Roeland Park across from Stroud's.

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

Meeting September Saturdays at Roe Park, 104th & Roe, Overland Park, KS

11. Hospitality – Mary Allison (mary333ann@yahoo.com) and Cecelia Parle

On your BIRTHDAY month, please bring in treats so we can all celebrate together!

Old/New Business:

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

September 16th Plaza 10K

2. 30th Birthday Destination Race - **September 21-23** - Women's half-Marathon and 5k in Nashville, TN.
3. ARE YOU LOOKING FOR A WAY TO GET INVOLVED WITH THE KC EXPRESS! We have several volunteer opportunities for you that are just right for you. Please contact Katrina Katrina.l.allen@gmail.com or Alisa Mueller kcexpresspresidentelect@gmail.com

We are looking for volunteers for next year. There are many opportunities available.

Next Meeting: Tuesday, October 2nd – Protect your skin. Learn the ABC's of skin care from dermatologist David Kaplan, MD.

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

www.kcexpress.org

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