

KC Express Meeting Minutes: November 6, 2012

1. Running/Walking/Volunteering Accomplishments

Melissa Hart and Tracey Weatherly participated in the Mustache Dash and they did the Kansas City Half Marathon. It was their first half marathon. Ann Nelson won her age division at the Marine Corp Marathon. Mary Allison and Kelly Pfannenstiel participated in the Bison 50. Virginia Harmer finished the Detroit Marathon. Katrina got married.

2. Guest speaker: Top Chefs – Jimmi Lossing, Melissa Hart, Heather Buckwitz and Janice Young-Miller.

3. Clothing – Saskia Jacobse (kcexpresslongrun@gmail.com) and Heather Buchwitz (hjbuchwitz@gmail.com)

Stop by the back of the room to shop the great gear.

4. Membership Report – Ginger Snawerdt (kcexpressmembership@gmail.com) and Cecilia Parle

Membership renewal will be in January. You will be able to renew your membership on-line. The cost will be \$25.00.

5. Volunteerism – Tere Gathright (terewatts@hotmail.com) and Annie Schroeder (luvinlife1827@yahoo.com)

North Face needs volunteers for packet pickup and for working the course. Pilgrim Pacer also needs volunteers to help on race day.

6. Publicity -- Mary Allison, Jennifer Fox, Meredith Lai, Terry Mann, Kelly Pfannenstiel and Becky White

-- We had a good time promoting KCE, MD5K & our new BRRR program at the KC Marathon Expo. Thanks to those who staffed the booth: Trudy, Tracey, Tere, Lori, Patty, Kelly, Dawn, Sheila, Melissa, Saskia, Cecelia, Janice and Terry.

-- Thanks to Becky and Meredith, we have three excellent print pieces for club and race publicity. Please check them out and take a few if you have potential places/people that might be receptive. They are:

- BRRR/MD5K Info-cards
- KCE Club Info-Cards with the 2013 Jan-June Meeting Schedule
- MD5K Sponsor Information and Sponsor Levels

-- Our MothersDayRun.com website has been updated with a beautiful new webpage layout created by Mary Allison, incorporating the 2013 daisy race logo designed by Becky White.

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

Meeting Saturdays at 7 am at Einstein Bros Bagels, 4050 Shawnee Mission Pkwy, Roeland Park, KS

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

Meeting Saturdays at 7:30 am at Panera Bread, 4700 Pennsylvania, KCMO
They are looking for a new coordinator for 2013.

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

Just a reminder for next month's holiday meeting EVERYONE gets to bring a food item! If your last name starts with **A-G**, bring a side dish. **H-O**, please bring a dessert, **P-Z** can bring a fruit or veggie item.

Old/New Business:

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.

Founding KCE member Mary Edwards, who broke her neck last month in a bad bike crash, is recovering nicely though she will in a neck brace for a total of 12 long weeks. Since she can't touch her toes at all during this time, KCE sent her a "get well" pedicure gift certificate, and she sent us a very grateful thank you note.

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 for 2011), who tallies the votes, then chooses, purchases, and gives a speech to award the prize during the meeting.

Announcement of next year's KC Express board nominations. We will vote at the December's meeting.

Next Meeting: Tuesday, December 4th – Holiday Party!

November Birthdays: Happy Birthday to all of the November 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!