

## October 2, 2012 KCE Meeting Minutes

1. Welcome new members and guests!

There were no new visitors or guests. Running/Walking/Volunteering Accomplishments

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Melissa Hart and Tracy volunteered at the Olathe triathlon. Lori Feller participated in the Branson triathlon. It was her first tri. Janice Young-Miller placed first in her age group in the Plaza 10K. Marla Thompson placed 3<sup>rd</sup> in her age group in the St Joseph 5K. Virginia Harmer placed first in her age group for the Zoo Run.

Nineteen Express members traveled to Nashville, TN and participated in the Women's Half Marathon in September to celebrate the KC Express 30<sup>th</sup> birthday

3. Guest speaker: dermatologist Dr. David Kaplan, M.D. He cancelled at the last minute so we did not have a speaker.
4. Clothing – Saskia Jacobse ([kcexpresslongrun@gmail.com](mailto:kcexpresslongrun@gmail.com)) and Heather Buchwitz ([hjbuchwitz@gmail.com](mailto:hjbuchwitz@gmail.com))

The new short sleeve and tank technical shirts are in.

5. Membership Report – Ginger Snawerdt ([kcexpressmembership@gmail.com](mailto:kcexpressmembership@gmail.com)) and Cecilia Parle
6. Newsletter – Ginger Snawerdt and Becky Balanger
7. Volunteerism – Tere Gathright ([terewatts@hotmail.com](mailto:terewatts@hotmail.com))

Express will have a water stop for the Kansas City Marathon. Currently there are about 20 signed up. We need at least 25 volunteers. A sign-up sheet was sent around to volunteer but you will still need to sign-up online. To sign-up on-line go to the KC Marathon website and click on the volunteer sight.

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

Becky White has finished designing our **2013 Daisy race logo!** It's adorable as you will see tonight!

Our MD5K Race Sponsorship Information & Sponsor Levels have been updated! If you have any ideas or contacts for potential race sponsors, please contact one of our Sponsor Chairs, Janice Young Miller or Mary Allison. Penny Terwelp and Jimmi Lossing are also assisting with Sponsorship.

The KC Art Institute Health Fair on Sept 24 was an unusual event, but overall, a good time. (Ask me about the other booths.) Several students seemed interested in the Sat morning runs, until I mentioned the start time is 7 am!

Plans are shaping up for our booth at the Waddell & Reed KC Marathon Expo at Crown Center Exhibit Hall. We still 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](mailto:krmann@mindspring.com)) or Tere Gathright ([terewatts@hotmail.com](mailto:terewatts@hotmail.com)) if you can help.

**Thursday, October 18**

1:00 – 4:30 pm Trudy Nepstad & Tracy Weatherly  
4:30 – 8 Kelly Pfannenstiel, Lori Feller, Patti Farmer

**Friday, October 19th**

11:00 am – 2:00 pm  
2:00- 5:00 pm: Saskia Jacobse  
5:00 – 8:00 pm

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

Meeting Saturdays in October at Panera, 4117 Mill St. KCMO (Westport). 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](mailto:kcexpresswalkers@gmail.com))

Meeting Saturdays at the Roasterie in Brookside at 7:30 am for the month of October.

11. Hospitality – Mary Allison ([mary333ann@yahoo.com](mailto: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.

**KC Marathon Oct 20<sup>th</sup>**

**Lucy's Oct 24<sup>th</sup>**

**Graduation Party**

**NEW NEWS**

**New Business**

1. **NEW PROGRAM!** The summer-fall BRAG team season is coming to an end, but we are making plans for a new program to help new runners (and old ones, too) stay motivated through the winter, and to actually take advantage of the off-season to improve. The Publicity Team says we're pretty sure we're calling it **BRRR** --Building a Regular Running Routine. (Though WIMP was a great idea, too, --Winter Maintenance Program. But, the promotional and graphic design options for BRRR are easier than WIMP!) **BRRR** 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 after as usual for coffee and socializing. It will be Saturdays at 7 am November through March. Locations and topics will vary – check the

Run/Walk/Train page of our website (soon to be updated) for details. No registration or fee is required to participate in BRRR.

2. **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 look over attachment for opportunities/descriptions. Please contact Katrina [Katrina.L.allen@gmail.com](mailto:Katrina.L.allen@gmail.com) or Alisa Mueller [kcexpresspresidentelect@gmail.com](mailto:kcexpresspresidentelect@gmail.com).
3. **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, ([jbaker@bakerblum.com](mailto:jbaker@bakerblum.com)), who tallies the votes, then chooses, purchases, and gives a speech to award the prize during the meeting.

**Next Meeting:** Tuesday, November 6th – Our annual “Top Chef” competition. Contact Katrina if you have a favorite recipe you could make for the group to taste-test.

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

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

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