



KC EXPRESS



About Coach Helen

KC Express is excited to announce that the head coach for our 2016 BRAG Team is Helen Wilms. There's a good chance you might already have met this wonderful woman in one of her varied community roles, which include:

- Certified coach with Road Runners of America (6 years)
- Girls on the Run coach (2 years)
- Good Form running coach
- Leukemia & Lymphoma/Team in Training coach and mentor (11 years)

Quick Facts about Helen

Age: 51 years young

Attitude: Kid at the beach

Family: Mom to two amazing college-age kids (Ethan, a senior at KU, majoring in Community Health and Chloe, a freshman at Portland State currently doing studies abroad in Thailand as a Dive instructor and taking part in ocean conservation projects!)

Personal running history: Many races of all distances over 30 years of running.

Favorite Race Memories: Boston Marathon finisher (2009), Rocky Raccoon 50 mile, Brew to Brew Solo (44 miles) and the New York City Marathon with her mom (her #1 fan)

Message from Helen:

My life motto is literally running in stride, making time to run every day. I love to inspire others to embrace running as a way of living and breathing. I'm excited for our training season together, and ready to motivate, support, love and cheer on the women of KC Express!

Happy Trails!
Helen