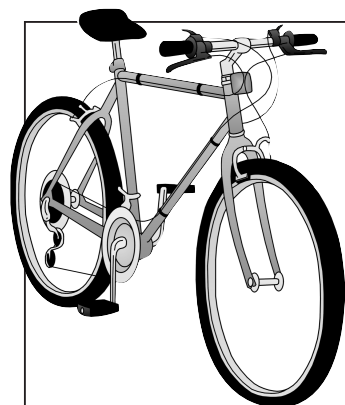


**A Message from Terry Seitter**

I need volunteers for the **Avon Training Team**. It is on Tuesday nights from 6:15-8:15pm starting on 8/8/00 at the shelterhouse at Shawnee Mission Medical Center at 74th & Antioch. Volunteers can either work as course monitors, water stop aids or mentors (walking or running with the participants). We expect 500 participants again so we'll need **LOTS** of help. Volunteers are encouraged to wear their coral t-shirts so they are visible as Express members.

Also, the fall training program will start sometime mid-August. The goal will be the Rib Run but we can adapt the schedule for any race you might be training for. i.e. Orlando in January.

Kathrine Switzer, Avon Running, will be at Metro North mall at 2pm and Oak Park Mall at 7pm at the Lady Foot Locker stores to kick off the Training and upcoming Avon run. Anyone can go say hi and tell her you're a member of the Express. Kathrine is very fond of the Express.



**Cross Training Option  
Thursdays  
6:30 pm  
Brookside Bike Rides**

sponsored by  
**Kansas City Bicycle Club**

Meet at the parking lot east of the tennis courts off 63rd Street. Helmets and a waiver required. Maps available. Approx. 1 hour 45 minutes.

For more info call:

**Shirley Bustamante  
452-3405**

**Newsletter Deadline: August 4**  
*Stories, photos, comments welcome*  
816-765-9163 • sydd@cr-group.com

Minutes of the July Meeting  
*Inside This Issue:*

PO Box 8158  
Prairie Village KS 66208-0158



PRSRRT STD  
U.S. POSTAGE  
PAID  
SHAWNEE MSN KS  
PERMIT NO. 636



Published monthly for members of the Kansas City Express

July 2000

**Minutes of the July 11 Meeting**

**Call to Order** — The meeting was called to order by President Elect, Paula Labart.

**Introductions** — Paula welcomed new members and guests to the meeting including Paula Selby, race director for *Race for the Lake 5K* at Hillsdale State Park coming up September 16.

The following members were present: Linda Alvarado, Raffie Anderson, Suzin Annen, Laverne Aufmuth, Dee Bahr, Pat Baxter, Shirley Bustamante, Susan Collar, Pat Cook, Renee Degrand, Julie Dixon, Beth Foster, Lorena Gorsage, Dawn Green, Saskia Jacobse, Lea Ann Kavan, Amy Kimball, Janet Knutson, Paula Labart, Christine Langford, Victoria McKee, Jane Monk, Rasaline Munoz, Jean Michele Nearing, Ann Nelson, Linda Niemerg, Jessica Nieva, Jennifer Oprissu, Stephanie Orth, Jan Ranallo-Pfeifer, Karen Raymer, Lisa Round, Linda Smith, Diann Stephens, Laura Stratton, Amy Turissini, Suzie Turner, Cari Usera, Ann Waters, Carol Whitehead, Sheila Wood, Melissa Wurtz, and Janice Young-Miller.

**Running/Walking Accomplishments** — Paula presented Jean Nearing with a tiara for completing her first 7K at River Valley in Westport. Ann Nelson received a tiara for winning her age group in the Shawnee Mission Triathlon.

**Membership Report** — Raffie once again reminded us to sign in at the beginning of the meeting.

**Treasurer's Report** — Amy reported the Club has a balance of \$8,500.

**Minutes/Newsletter** — I would like to thank Corinne Tubb for a great story about the Boston Marathon as well as all the other contributors to the June *Footprints*. They are: Stephanie Orth, our cover girl; Cathy Webber, Lisa Round, Shirley Bustamante, Raffie Anderson, Terry Mann, Marilyn Krengel and especially Ann Nelson for her article about touring Great Britain by bicycle.

**Volunteer Report** — Renee DeGrand says volunteers are needed for the following August events:

- **Avon Training** at the SM Medical Center, Tuesdays, August 8 - September 26
- **Tarmac 7K Run** at the Downtown Airport on August 6
- **Race for the Cure** at Union Station on August 13
- **Baptist Medical Center Triathlon** at Raintree Lake on August 27

**Training Report** — Terry Seitter wasn't present but sent the message that she would have details for the fall training program at the next meeting.

**Clothing Report** — Lisa Round still has all sizes of jog bras available. Not all colors are available in all the sizes. She will be selling them at the clothing booth at the race. The cost is \$22.00

**Old Business** —

- Paula read a Thank You from Stacy Vandertuuk-Benson for the running clothes contributed to the Git Up & Go girls.
- Triplet Tuesdays is set through July and a sign-up sheet was circulated for August dinners for the Webber family. Please remember to call before hand to make arrangements.

**Next Meeting:**  
*Tuesday, August 1, 2000*  
*St. Joseph's Health Center*  
*435 & State Line*  
*Community Center, Bldg. D*  
*Meet to run - 6:00 pm*  
*Meeting begins - 7:30 pm*  
**TOPIC:**  
*"Race in Review"*

**Congratulations to**  
**Marilyn Krengel**  
**winner of the**  
**PaceSetter Award**  
  
*more on Marilyn next issue*



*Past President, Gail Sherron; new mom, Cathy Webber; and 1999 MARA Grand Prix winner, Mary Ote in action. More photos from the Mid-Summer Morning 5K inside.*

**KC EXPRESS OFFICERS & COORDINATORS:**

**PRESIDENT**  
**Corinne Tubb**  
 913-341-2594  
 ctubb@tmp.com

**PRESIDENT ELECT**  
**Paula Labart**  
 (816) 587-7367  
 plabart@saint-lukes.org

**SECRETARY (newsletter)**  
**Sydne Dickinson**  
 816-765-9163  
 sydd@cr-group.com

**Billy Lenz**  
 913-402-0393

**TREASURER**  
**Amy Turissini**  
 913-339-9563  
 Turissini@aol.com

**MEMBERSHIP**  
**Raffie Anderson**  
 913-696-0516  
 rvoce@birch.net

**Amy Kimball**  
 816-333-7342  
 runamyrun@hotmail.com

**PUBLICITY**  
**Marilyn Krengel**  
 913-451-0251  
 mtkreng@netscape.net

**VOLUNTEER**  
**Renee DeGrand**  
 913-677-2419  
 rdegrand@excite.com

**Ann Waters**  
 816-741-5375  
 annowaters@juno.com

**CLOTHING**  
**Lisa Round**  
 913-469-8428  
 roundml@ix.netcom.com

**Susan Collar**  
 913-469-9243  
 panzeys@aol.com

**TRAINING**  
**Terry Seitter**  
 913-677-2695  
 Terry.Seitter@juno.com

**Dawn Green**  
 913-327-5458

**New Business —**

- Lisa Round volunteered to be captain for the KC Express Race for the Cure Team. The Club's goal is to win the largest Community Team Award. Last year we were the second largest team with 40 some members. The Race is in a new location this year - Union Station. Come out and support our Club and be sure to wear some KC Express apparell. Look for more details below.

**Door Prizes —** Lee Ann Kavan won free registration for our Mid-Summer Morning 5K. Victoria McKee received the book, *The Courage to Start*, by John Bingham (aka The Penguin from Runner's World). Raffie Anderson won free tanning passes to **The Tannery** donated by Mimi Rosenberg.

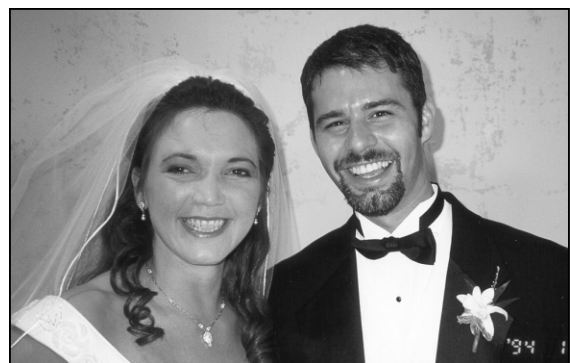


Photo Credit: Terry Mann

**Congratulations & Best Wishes to**  
**Dori Velasquez & Charles Peach**  
**Married on July 15**

**WAY TO GO DORI!**

*Way to get out of being on the Race Committee again this year.*

**RACE FOR THE CURE TEAM**

- 7-29-00: Deadline** to get your completed entry forms and checks to Lisa Round (team captain for the Express team).
- 8-08-00: Team Packet-Pick-up.** Any and all team members are invited to attend (catered food, prizes, etc.); HOWEVER, only one person can pick up the packets for the entire team -- LISA ROUND will handle this item of business.
- 8-08-00: Pick up your packet at the Avon Training** at Shawnee Mission Hospital. Lisa will pick up the packets and then bring them to the training, so those in attendance at Avon can get their packets that night.
- 8-13-00: RACE DAY!!!** The 5k run/walk starts at 7:30am at Union Station. Packets will be available for Express team members under our Express Banner in Washington Park (across the street, north of, Crown Center) from 6:15am until approximately 7:10am.

If possible, wear some "Express" clothing item for the 5k on race day! Remember, any one can be a member of our team -- spouses, significant others, friends, etc. **Let's try to win the largest Community Team award!**

**Contact Lisa Round** if any questions:

11518 Parkhill / Overland Park / KS /66210  
 913.469.8428 (home phone)  
 913.661.2235 (work phone)  
 lround@metlife.com (work e-mail address)

**after the race . . .**

*Members of the Race Committee cleaning up and winding down:*

*Ann Lento, Linda Alvarado and Alison Heil.*



*Jennifer Oprisu, Nancy Wernes, Corinne Tubb and Raffie Anderson (foreground)*

*Vince, Dee Bahr, and Renee DeGrand (standing behind)*



*Our fearless leaders: Paula Labart, Co-Director and Corinne Tubb, Race Director*



- RACE COMMITTEE MEMBERS**
- RACE DIRECTOR: CORINNE TUBB**
- CO-RACE DIRECTOR: PAULA LABART**
- COURSE DIRECTOR: JENNIFER OPRISU**
- COURSE SUPPORT: ANN LENTO & ALISON HEIL**
- PUBLICITY: MARILYN KRENGEL**
- ENTRY FORM: SYDNE DICKINSON**
- EMCEE: SHIRLEY BUSTAMANTE**
- RACE PACKETS: KAMIN COVELL**
- AWARDS: DEE BAHR**
- FINISH LINE: RENEE DEGRAND & JANE MONK**
- FOOD: LINDA SMITH & MARITA RENAUER**
- SPONSORSHIP: ANN WATERS**
- SECRETARY: SALLY ROBERTS**
- CHILDREN'S RUN: NANCY WERNES**
- T-SHIRT DESIGN & ORDERING: SUSAN COLLAR & CARI USERA**
- WATER STATIONS: CINDY LOWE**
- TREASURER: AMY TURISSINI**
- REGISTRATION & RESULTS: KAREN RAYMER**
- VOLUNTEER COORDINATORS: ANN ZIESMAN & SUSAN OLANDER**



*Does this woman look like she had triplets nine weeks ago? No way! Cathy and John Webber and the triplet mobile.*

**A Thank You from Paula Labart**

I'd like to personally thank each and every member of the Race Committee and the fantastic group of volunteers that made this race the BEST EVER. As we all knew going into this race, our committee was a group of rookies, and as race day approached, we began to have second doubts! A special thanks to all of our previous race committee members who extended their help and moral support to Corinne and me during the last few days of race preparation.