



HEARTLAND FOOTBEATS April 28, 2004

Heartland Racewalkers Club

USATF Club Mo.Valley #1019

P.O. Box 11141, Shawnee Mission, KS 66207

Home Page:

http://www.kctrack.org/KCTC_Site_1/Heartland_Racewalkers.html

Bulletin Board:

<http://www.bulletinboards.com/view.cfm?comcode=kctc#Racewalkers>

Racewalking Site (including photo album):

http://www.groups.yahoo.com/group/kcrunning/links/SPC_RTS_OTHER_THAN_RU_001006978646/Racewalking_001006978677/

Club Officers

President - Alan Poisner

Vice President - Peggy Armstrong

Secretary – Sarah Justice

Treasurer & Clinic Director - Fred Adams

Historian - Jean Brunnenkant

Newsletter Editor - Alan Poisner

Clinic Times: Saturdays at 8:00 AM at Health Pus-107th & Roe; Thursdays at 6:30 PM- (contact Alan before);

Monthly Meetings: First Saturday of each month after clinic (except otherwise noted)

NEWS FROM THE PREZ

It has been awhile since the last regular edition of our newsletter, so the April issue begins with a brief review of the last few months.

We started off 2004 with our annual **New Year's Day walk** at Roe Park (along with the KC Track Club). We then hustled off to First Watch for our traditional First Breakfast of the year. Enjoying the occasion were: **Pam and Allan Felton, Moe Lago, Sarah Justice, Amy Christensen, Martie Lykens and Alan Poisner.**

Our **January 3rd meeting** featured a video on racewalking (Rudow-How to walk faster). We have a number of video and books in our club library that can be checked out, including those from the North American Racewalking Institute (Elaine Ward), Dave McGovern, Jeff Salvage and Martin Rudow. Check with Alan about borrowing one of these, usually at a monthly meeting. We made another \$100 donation to the North American Racewalking Institute for continuing support of their program, so ably managed by Elaine Ward.

Our initial paid-up membership list stood at **37**. We began a series of longer walks on Sunday mornings for those members who were training for upcoming races or just wanted to get in some more miles. Members joining in these walks included: **Amy**

We'd like to recognize birthdays: **April: Al Armstrong (9); Bobbie Thrutchley (9); Susan Gabel (25). May: Tom Young (2); Linda Andreas (3); Phil Jacobs (16); Martie Lykens (31).** Note: Dates-Not ages. Here's wishing them many more years of good walking.

May Meeting: 9:00 am-May 1

HRW member Elahea Afzali will talk to us about life in Iran before and after the revolution. Be sure to come to hear first hand from one of our newer members who has much to teach us. You can come after our 8:00 clinic or just mosey on downstairs for refreshments and other good stuff.

Christensen, Lori Bainter, Eileen McManus and Alan Poisner. Ask Alan if you are interested.

We showed a video from the Olympic Training camp in Chula Vista at **our Feb. 7th meeting**, a good preview of the World Cup Trials to come in April. Our membership stood at **46**. New and renewing members included: **Candy Lord, Larry Ebner, Phil Jacobs and John Slate.** Races in February included the Ground Hog and Frost Bite 5K's and the Alphabet Soup 10-miler (see below). **Fred Adams and Alan Poisner** made presentations at the Glendale School in Independence. **Sue Knapp, Amy Christensen and**

Alan Poisner talked to the KC Express-women's running/walking club.

The **March 6th meeting** featured Tom Jacobs, a well known community yoga instructor. Yoga is frequently practiced by elite racewalkers. Our membership stood at **56**. New members include: New members include: **Cassie Brockman & Catherine Dotson; Patty & Bill Illing; Candy & Bruce Lord; Virginia Hanley**. The main March event was the **Brew to Brew** 43.5-mile relay (see race results below). Our long walks continued on Sundays with Alan conducting some interval training at the Shawnee Mission South track.

Our **April 3rd meeting** featured **Curt Clausen**, our three-time Olympic 50K racewalker. He showed a video and described racewalking at the elite level. Our membership at mid-April stood at **63**. New members include **Carole Price, Bobbie Thrutchley, Ann Lento, Marla Thompson & Cliff Dewitt**. **April 4th** was our big extravaganza (always wanted to use that word) with over 60 elite walkers coming from all over the country for the World Cup team trials and the associated Mo. Valley 5K. We had coverage from the Kansas City Star on the Saturday before and the Sunday after. **Curt Clausen** had a press conference on April 3rd at the University of Health Sciences, the main sponsor of the races. Health Plus also was a contributor to this USATF-sponsored event (\$100). We thanked the many volunteers in the special newsletter last week.

Point System: Remember that recruiting new members earns lots of points. Two of our members have already won club jackets (\$33 value). A current listing of points as of April 25 are attached. Awards will be given out at the June 19 picnic and Be-A-Walker race.

Midweek Clinic: We still can walk at Health Plus on **Thursdays** at 6:30 pm. If you want organized walking and stretching, please contact Alan before attending. A number of our members also walk at 6:15 on **Wednesdays** with the KC Track Club. Check with Alan if you would like to participate.

Member news: **Emma Carter** has brought more distinction to her record. By virtue of her second place finish in the NAIA indoor 3K walk in March, Emma has attained All-American status. She has also been outstanding on the academic front and recently received acceptance to law school at KU. Congratulations, Emma. We are really proud of you.

Bobbie Thrutchley, a newer member, recently won her age division in the half-marathon in St. Louis. **Trudy Nepstad** took the Silver. Congratulations to both.

Stretching - Don't Bother?

Studies find stretching doesn't prevent injury. Stretch, stretch, stretch to prevent muscle pulls - that is the mantra I have heard from many coaches over the years. But the mythbusters are at work - stretching may help you feel more flexible, but that's about as much benefit as you will get from it.

Stretching Does Not Prevent Injury: Stephen B. Thacker, director of the epidemiology program office at the Centers for Disease Control and Prevention conducted a study that reviewed 361 research studies on stretching. The results, published in the March, 2004 issue of *Medicine & Science in Sports & Exercise*® (MSSE) concluded there was no evidence that stretching before or after exercise prevents injury or muscle soreness. The study concluded that stretching does improve flexibility, but being flexible doesn't prevent injuries. Injury rates were higher for both the most flexible and least flexible study participants than for the average participants. Most injuries happen when the muscle is going through its normal range of motion, so having an increased range of motion had no effect in preventing such injuries.

Warming Up: Stretching often goes hand in hand with warm-up exercises. Programs that combine warm-up, strength, and balance training with stretching have demonstrated effectiveness in the prevention of knee and ankle injuries. But the studies didn't separate warm-up and stretching. Warm-up exercises that take the body through the full range of motion that will be used in the sport or exercise are thought to be of the most value.

Should You Stop Stretching?: The CDC study concluded that there wasn't sufficient evidence to recommend people stop stretching, nor was there good evidence to suggest people start using stretching. The bottom line - if stretching feels good for you, continue to do it. If you don't like stretching, put that time into some warm-up and balance exercises instead.

How many calories do you burn while you're walking?

3.0 miles/hour (20-minute mile): Burns 0.027 cal/lb/min
3.5 miles/hour (17-minute mile): Burns 0.033 cal/lb/min
4.0 miles/hour (15-minute mile): Burns 0.042 cal/lb/min
4.5 miles/hour (13-minute mile): Burns 0.047 cal/lb/min

Take the number of calories/pound/minute you burn and multiply it by your weight and then by the number of minutes you walk. For example, if you weigh 150 pounds and walk a 20-minute mile for 60 minutes, you multiply 150 by 0.027, then multiply the result (4.05) by 60. You burn 243 calories.

Source: The University of Florida College of Health and performance. March 16, 2004

RACE RESULTS

If we have omitted your name from a race, please let us know by sending your results to Alan.

Feb. 8: (Sun) Ground Hog 5K: Alan Poisner and Fred Adams carried the colors for the club in this unique underground race.

Feb. 21: Frostbite 5K: Health Plus: This annual event on the Indian Creek pathway saw some of our cold-weather-loving walkers on the trail:

Women		
1 Burbank	Sandra	41'11"
2 Thrutchley	Bobbie	43'00"
3 Cairnes	Kathy	44'21"
4 Felton	Pam	45'22"
5 Lykens	Martie	47'04"
Men		
1 Slate	John	32'28"
2 Hunter	Cliff	40'30"

Congratulations to all, especially to Sandra Burbank for her first walking Gold medal.

Feb. 29: Alphabet Soup 10-miler (Streamway Trail): On a cold leap-day, **Lori Bainter-Ratzlaff, Eileen McManus** and **Alan Poisner** walked together and finished in 2 hrs 8 min (very close to the pace that they walked the Gobbler Grind half-marathon in November). The best reward was the hot soup (alphabet) afterwards.

March 21: Brew to Brew Relay: This was the fifth year that HRW entered a team. In all but one of the years we have had 5 walkers and each did two legs on this 43.5-mile event from Kansas City to Lawrence. HRW walkers were: **Phil Jacobs, Eileen McManus, Lori Bainter-Ratzlaff, Amy Christensen** and **Alan Poisner**. Amy and Eileen were the rookies this year and did some outstanding walking. The team (**Perpetual Pedestrians**) reached Lawrence just 6 minutes (earlier) than Alan's pre-race predicted time. We left at 6:00 am and arrived at 3:03 pm. There were more than 2,000 racers and we were the only walking team. The race was age- and gender-graded and our adjusted time was 8 hrs 15 min. This was good enough to beat 7 teams in our division that actually finished and 17 that did not. We hope to have two teams next year and Lou Joline has promised an award for the top walking team.

April 4: World Cup 10K & 20K Team Trials and Mo. Valley 5K. These were reported in a special newsletter last week. The US Team will be competing in Naumberg, Germany on May 1-2. We will report

the results in a later newsletter. The Mo. Valley race was the first USATF judged race for a number of our members and they did us proud. Congratulations.

April 18: Kick Butts 5K: This is the second year that HRW has supported this Lung Association fund raiser and this year there was both a 5K and a 10K racewalk. **Sarah Justice** and **Alan Poisner** worked on the organizing committee for many months before the event and also recorded the results at the finish line. The KC Track Club and BJ the DJ continue to be very supportive of racewalking. We also want to acknowledge the tireless and efficient efforts of Andrea Elaychar and the rest of the Lung Association race committee. Some of our walkers actually won awards in the running divisions and so were double dippers. **John Slate** and **Eileen McManus** did the more challenging 10K and recorded fine times in circling Arrowhead stadium multiple times. **Amy Christensen** took her first Gold by winning the 5K and **Bob Gaston** came in from Lincoln, NE to take the men's division. There were some fine age- and gender-graded times, particularly those of **Jean Brunnenkant** (81.8%), **Tom Young** (71.9%) and **Fred Adams** (71.4%). **Carole Price** and **Cliff DeWitt**, two of newest members, made great starts.

Kick Butts 5K and 10K-April 18, 2004

5K Male		Age-Graded
1 Bob Gaston	34'02"	
2 Cliff DeWitt	35'21"	
3 Fred Adams	35'23"	71.4%
4 Phil Jacobs	37'35"	
5 Tom Young	44'33"	71.9%

5K Female		
1 Amy Christensen	40'22"	
2 Bobbie Thrutchley	44'24"	
3 Jean Brunnenkant	45'43"	81.8%
4 Carole Price	46'06"	

10K Male	
1 John Slate	62'54"
10K Female	
1 Eileen McManus	70'22"

Selected Upcoming Races and Events; For further information-check with Alan.

June 19: Be-A-Walker predicted-time 5K (Roe Park): This is our annual fun event with a picnic and awards to follow. The fastest walker has never won this race-just the ones who can most accurately predict their pace. Please put this on your calendar.

June 20: Beat the Heat 5K (Village Shalom): They will once again have a racewalking division. You can use the Be-A-Walker as a warm-up for this race

June 25-26: Missouri Senior Olympics (Columbia)
1500 Meters (Fri) and 5K (Sat).

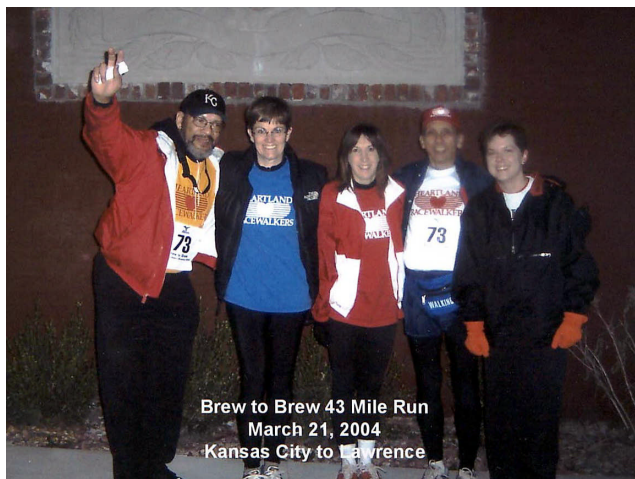
August 22: Stroke & Stroll 4-Miles (Kansas Speedway). This is the first year that the organizers have included a racewalking division. It will be on the roads around the speedway. Please try this one.



HRW at the Alphabet Soup 10-miler
Alan, Eileen and Lori



Tom and his troops at the World Cup
Tom, Amy, Sandra, Lori, Sue & Eileen



Brew to Brew 43 Mile Run
March 21, 2004
Kansas City to Lawrence
6:00 am-Perpetual Pedestrians
Phil, Eileen, Lori, Alan & Amy



HRW talks to KC Express Club
Amy Christensen, Sue Knapp, Alan Poisner