

# Heartland Racewalkers

## INTERVALS

A Sometimes Weekly Newsletter

For the week of 5/24/04 – 5/30/04

This is the second edition of our mini-newsletter. We thank Sue Knapp for suggesting the title for this brief communication that reflects its publication schedule in between our larger newsletter and also the type of racewalking drills that increase speed. Thanks, Sue.

The missing Prez: I missed the May 15 clinic because of a trip to Colorado. Thanks to Sarah, Peg, Jean and others for keeping the troops moving during my absence.

**Sunday long walk/drills:** We had our 5<sup>th</sup> Sunday morning group walk on May 22<sup>nd</sup>. Mary Fowler, Jake Fowler, Amy Christensen, Juli Williams and Alan Poisner met at 8:00 at 135<sup>th</sup> & Metcalf and walked about 4.5 miles, including a brief tour of the track at a nearby school for some intervals (before retiring to Starbucks). We will continue these sessions although we may change the starting locations. Contact Alan if you are interested in doing some group walking on Sunday mornings.

**May 13 event:** A professional education seminar for nurses, social workers, dietitians and healthcare workers was held at the Hyatt Regency. Sue Knapp organized this large event (thanks again). Sarah Justice and Tomasz Taubert represented our club. They helped spread the word about racewalking. Thanks.

**REMINDER:** Our annual unique race and picnic (Be-A-Walker predicted-time 5K) starts at 8:00 am on June 5<sup>th</sup> at Roe Park (not at Health Plus). We will also be giving out awards earned in our points program. Applications have been sent by email and handed out at clinics. You can pick one up on May 29<sup>th</sup> at Health Plus. Please send in your predictions ahead of time (to help our planning and to save on the fees). Amy Christensen will be helping to coordinate the food so contact her to avoid duplication. **THIS IS OUR ONLY CLUB RACE OF THE YEAR SO PLEASE TRY TO COME. YOU WILL BE SUPPORTING THE CLUB AND GETTING A CHANCE TO MEET THE MEMBERS. IF YOU CANNOT RACE THEN YOU CAN JOIN IN THE PICNIC THAT FOLLOWS (about 8:45).**

### The Race Calendar (races with Racewalking divisions)

June 20: Beat the Heat (Village Shalom) 5K: Another race that supports and needs Support from racewalkers. Pick up forms on Saturday.

June 25-26: Missouri Senior Olympics (Columbia): Friday 1500 meters; Saturday 5K

June 27: Tarmac 8K (downtown Airport): BJ the DJ once again provides a racewalking Division. Let's show our support for BJ who gives us great PR.

Aug. 22: Stroke Stroll 4 miles (Kansas Speedway): A new race that supports racewalking. Please put this new race on your calendar.

**Member News:** We welcome Lisa Ousley, a new member; and Stephanie Shehi who visited last week and brought her mother. Our club membership is now 69 and growin g. Tomasz Taubert recently visited Poland. Alan Poisner went on a short trip (to Colorado Springs and Denver). Let us know about your trips.

### Wednesday Night Run (WNR): 6:15 PM; 3, 5 or 6 miles

Hosted by the KC Track Club. Amy Christensen, Janet Smeltzer, Eileen McManus, John Anderson, Lisa Ousley & Alan Poisner have walked at these pot-luck events these. May 26 walk is at 6136 Mission (Fairway park). see <http://www.bulletinboards.com/view.cfm?comcode=kctc&cat=1>

**VIDEOS:** If you have borrowed club videos, please return them so others can check them out.

Send comments or content to [apolisner@kumc.edu](mailto:apolisner@kumc.edu). Thanks.

