

Heartland Racewalkers

INTERVALS

A Sometimes Weekly Newsletter

For the week of 6/07/– 6/13/04

This is the third edition of our mini-newsletter and supplements a special report on our **Be-A-Walker** race that was sent to participants. To recap: 20 walkers and 3 volunteers showed up on a beautiful June morning for our 14th annual 5K. Winners in the predicted-time race were: **Don Swegel**, **Lori Bainter-Ratzlaff** and **Randall Bolles**. Don finished just 2 seconds off his pre-race prediction! The top finishers based on age-graded standards were **Martie Lykens**, **Tom Young** and **Sue Knapp**. Thanks go to **Amy Christensen**, our food coordinator, and to our timers: **Al Armstrong**, **Fred Adams** and **Alan Poisner**. Congratulations to our newest member, **Stephanie Shehi**, for entering her first race one week after joining the club and to all other first-time Be-A-Walkers. Full results will be in our next monthly newsletter. Awards were also given out to walkers who had earned points since Jan. 1st.

Other races: HRW members have been carrying our colors around the country. **Fred Adams** took a Gold medal at the St. Louis Senior Olympics (qualifying for the Missouri Sr. Games). **Bobbie Thrutchley** took first place in her age division in the Hospital Hill 12K. Marathoners included **Trudy Nepstad** in her home state of South Dakota and **Carol Goslin** in California. Please send results that we may have missed to the editor.

Sunday long walk/drills: We had our 6th Sunday morning group walk on May 29th (departing at 8:00 from Starbucks at 135th & Metcalf) and our 7th on June 6th (starting at Dinky & Cocos at 143rd & Metcalf). Some of these have included intervals or drills. If you are interested in these 4-6 mile walks, check with Alan.

Midweek walks: Two options are available for those wanting midweek group walks. A number of HRW members join the KC Track Club at their WNR events (**WEDNESDAYS** at 6:15 at various locations). See: <http://www.bulletinboards.com/view.cfm?comcode=kctc&cat=1>. We have resurrected our **THURSDAY** evening walks at 6:15, beginning at Health Plus. For information on either of these walks, contact Alan.

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.
- Sept. 26: **Kansas Senior Olympics (Topeka):** 1500 meters and 5K.

Note: entry forms were handed out at the Be-A-Walker race and can be obtained on the Internet and at Health Plus. Please support racewalking by entering as many of these as possible.

Member News: A sheet with a current club roster and information about the point system was handed out to some members at the Be-A-Walker event. You can get a copy the next time that you come to clinic. **Randall Bolles** celebrated his birthday at our Be-A-Walker event. Other birthdays in June: **Moe Lago** (6); **Sandra Burbank** (10); **Marcia Schoenfeld** (11); **June DeWitt** (20); and **Marla Thompson** (24). Happy Birthday to all. Send information on your trips and other activities to: apoisner@kumc.edu.

VIDEOS and BOOKS: **Lori Bainter-Ratzlaff** is our new club librarian and will be bringing videos and books to our weekly clinics. If you have borrowed club videos or books, please return them so others can check them out. We have recently placed an order for a new racewalking training video set and accompanying book by Jeff Salvage. When we can arrange a DVD player to be used at Health Plus we will show this at a monthly meeting.

Send comments or content to apoisner@kumc.edu. Thanks.