

Heartland Racewalkers Intervals

A Sometimes Weekly Newsletter

For the week of 06/21/04-06/27/04

This is the fourth edition of our mini-newsletter and comes in a busy racewalking season.

The **Beat the Heat 5K** race on Father's Day at Village Shalom brought out 5 of our male walkers but none of our female members. Fast times were walked by all of our club members on a perfect day. **Bob Gaston** came in again from Lincoln, NE and **John Slate** showed that he is still the fastest walker in the area. **John Anderson** is getting faster with his new hip. **Tomasz Taubert** showed great form and is getting faster each time out. **Tom Young** was fast enough to come in 3rd in the running division despite walking the entire 5K. Nice going, Tom.

Beat the Heat-June 20, 2004, Overland Park

Male		Female	
1 John Slate	29'23"	1 Tami Grubb	41'03"
2 Bob Gaston	31'19"	2 Becky Massey	41'04"
3 John Anderson	35'44"	3 Cindy Tavenaro	43'00"
4 Tomasz Taubert	36'44"		
5 Tom Young	47'23"		

Please send race results that we may have missed to the editor.

Sunday long walks/drills: We are still doing Sunday morning group walks (4-6 miles) at 8:00 when there is not a racewalk the same day. Some have included drills or intervals. If you are interested, check with Alan.

Midweek walks: Two options are available for those wanting midweek group walks. On **Wednesdays at 6:15** a number of HRW members walk with the KC Track club WNR group at various locations in the metro area (followed by potluck eating). For information on locations, see: <http://www.bulletinboards.com/view.cfm?comcode=kctc&ca=1>

Thursdays at 6:30: We have resumed these walks beginning at Health Plus. We have gone to Shawnee Mission South for some track workouts and walk about 60-90 min depending on each walker's wishes. For information, contact Alan.

Member news: We welcome our newest member, **Diane Yameen**. Our roster is now up to 70 with some more prospects planning to join soon. If you have not yet received a club roster, contact Alan. Please send information on your trips and other activities as well as comments to: apoisner@kumc.edu

Point System: A number of awards were handed out at the Be-A-Walker on June 5 to members achieving different point levels. A few members may not have received their awards and should contact Alan if they did not obtain their award: **Kim Holmes, Rochelle Mueller, Elahea Afzali, Sarah Justice, Ann Lento, Av Rosen, Candy Lord** and **Bobbie Thrutchley**. If you have not received point system information, check with Alan.

VIDEOS and BOOKS: We have some great videos and books on racewalking that can be checked out from **Lori Bainter** at clinics. Please return any that are outstanding so that others can check them out.

Next Monthly Meeting-July 3: Club members **Pamela Felton** and **Rochelle Mueller** will tell us about their experiences as kidney transplant recipients. This is a great chance to learn more about organ donation.

The Race Calendar (races with Racewalking divisions)

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.

July 24: Sunflower Games: 1500 meters (Topeka): Entry deadline is July 7 (check with Alan)

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.