

Heartland Racewalkers Intervals

A Sometimes Weekly Newsletter

For the week of 08/23/04-08/29/04

This is the sixth edition of our mini-newsletter. We've had lots of activities and races this summer (see below). We are continuing to wait for definitive news about the future of the Fitness Center when **Health Plus** terminates its lease, but there are current plans underway to keep the center going under the name **Fitness Plus More**. We will keep you advised. In the meantime, we will continue to meet every Saturday at 8:00 in addition to offering group walks at other times and locations (see below). [Please let the editor know if you can view this newsletter in color.](#)

Walking opportunities: In addition to our Saturday morning (8:00) clinic, there are a number of other group walks. 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. We are also starting to do training for the Gobbler Grind half-marathon and 5K in November. **Midweek 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:** These can be scheduled with Alan. Some of our longer-distance walkers are starting at 7:00 or 7:15 on Saturdays and meeting up with us at 8:00. Another option is to start with us at 8:00 and continue for 60-90 minutes. We can help you arrange these.

Member news: We welcome new members: **Bonnie Downs** and **Carol Wettersten**. **Bonnie** is an experienced distance walker, having negotiated the ups and downs (pun intended) at the Grand Canyon. **Carol** comes to us from Leavenworth, almost as far away as **Fred Adams** (Liberty). **Alan** and **Lori Bainter** will be presenting racewalking clinics to the teachers and staff in the Olathe School district in September, thanks to Lori for arranging this. Please send information on your trips and other activities to: apoisner@kumc.edu

National Transplant Games (Minneapolis): HRW sent three of our Team MO-Kan members to this national event and they performed magnificently. **Ray Gabel** accumulated 6 medals overall in racquetball, basketball, volleyball and relay running: 1 Gold, 2 silvers and 3 Bronze! Congratulations, Ray. **Pam Felton** was a double threat, winning medals in swimming and racewalking. She won a bronze in the 1500 meter racewalk; and Gold, Silver and Bronze medals in swimming! **Rochelle Mueller**, our Topeka member, not only took the Gold in the racewalk (11'29") but also won a Gold in Table Tennis and medals in volleyball and basketball!!! We are very proud of these athletes and organ transplant recipients and also of **Sue Knapp** whose support has been critical for both Team MO-KAN and the national games. It has been a pleasure having them as club members and we hope to have them as walking partners for years to come.

Point System: We are still tabulating points for the second half of the year for awards to be made in December. The top three currently are **Cliff DeWitt** (22), **Pam Felton** (19) and **Tom Young** (16). If you have any questions contact Alan. Remember, you get 8 points for sponsoring a new member.

Clinics and monthly Meeting-On July 31 and Aug. 7 **Al Armstrong** videotaped our members for feedback on racewalking technique. These were played at our August meeting. This is a valuable learning technique. On Aug. 7, **Pamela Felton** and **Rochelle Mueller** spoke to us about their experience at the National Transplant Games. They also helped educate us some more about the importance of being organ donors. We will do this again in the future.

Race Results

Aug. 22: Stroke, Stroll & Run 4-miler: This year the organizers included a racewalk division. **John Slate** (40'01") and **Cliff DeWitt** (43'40") took the top spots in the men's division; and **Lori Bainter-Ratzlaff** (43'40") and **Martie Lykens** (61'06") won the top awards in the women's walk. **Martie** was also the top person among walkers in her age division). **June DeWitt** and **Alan Poisner** served as volunteers. Pictures of the event will be in a forthcoming newsletter. Congratulations to these fast walkers and early birds (7:00 am race).

Bob Gaston, our Lincoln, NE member, won a number of races this summer. He took first in the 1500 and 5K in the **Rocky Mountain Senior Games** in June. Then he repeated these wins in the **Nebraska Senior Games** on Aug. 12-13. He also set a new age 55-59 record in the 1500 meters (8'25") and did a fine 30'57" in the 5K. Congratulations Bob!

Olympics: Americans did not medal in the 20K men's or women's racewalk. Times for all walkers were slowed by the heat and the hills in Athens. The 50K (with **Curt Clausen**) will be held early Friday morning (TV 1:00 am KC time).

The Race Calendar (races with Racewalking divisions): Contact Alan for forms or info.

Aug. 28: FLAG Run (5K): 7:00 am at Prairie Life Center. If you are not racing, come to Health Plus at 8:00.

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

Oct. 24: Blue Springs Marathon Relay (HRW will have at least 3 teams).

Nov. 21: Gobbler Grind Half-Marathon and 5K (we have groups training for this-ask Alan)