

Heartland Racewalkers Intervals

A Sometimes Weekly Newsletter

For the week of 09/13/04-09/19/04

This is the seventh edition of our mini-newsletter. As this cool summer comes to a close, we've had lots of good news and good walking opportunities. The good news is that a group has finally contracted to take over the facility (Health Plus) that we have used for over 20 years. **Fitness Plus More** will continue the friendly relationship with us that we have enjoyed in the past. We will continue to meet every Saturday morning in addition to offering group walks at other times and locations (see below). Please let the editor know if you have any problem viewing this newsletter in color.

Walking opportunities (Reminder): 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: Tuesdays at 6:00:** The Train to End Stroke Marathon training program has started interval training for runners and walkers and a number of our members are joining Alan for interval training. This is good for those doing any distance from 5K to marathon. **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>. 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 member: **Roxanne Higbee** and **Mary Jeffries**. Both are long distance walkers and we welcome them to our club. **Alan** and **Lori Bainter** will be presenting racewalking clinics to the teachers and staff in the Olathe School district on October 4 and 18. **Carol Goslin** has been busy as usual doing marathons and half-marathons around the country. She did a fast 5h 30m marathon in Alaska, did a half-marathon in Virginia Beach (Rock & Roll) and has the New York marathon on her schedule. We hope that she will be getting back to us soon. We wish her a fast recovery from her recent hand surgery. Happy Sept. birthdays to **Rochelle Mueller** (4), **Mary Fowler** (4), **Patty Illing** (14), **Candy Lord** (17), **Eileen McManus** (22) and **Carole Price** (28). Please send information on your trips and other activities to: apoisner@kumc.edu

Point System: We are still tabulating points for the second half of the year for awards to be made in December. The current leaders in the point system are **Cliff DeWitt** (29), **Patty Illing** (26) **Pam Felton** (25), **Fred Adams** (22), **Tom Young** (20), **Martie Lykens** (18) and **Moe Lago** (17). If you have any questions contact Alan. Remember, you get 8 points for sponsoring a new member.

Clinics and monthly Meeting-At our September 4 meeting, we viewed the racewalks at the recent Olympics. We saw the major parts of the women's 20K and the first part of the men's 50K. The athleticism and determination of these elite athletes is truly amazing: the top woman (from Greece) walked the 12.4 miles at a 7'10" pace in an exciting race. In the 50K, the legendary Robert Korzeniowski maintained a 7'00" pace in warm weather for the 31 miles! We will show some of the finishing portions of the 50K at the next meeting. For a contrast, we can also show some of the videos that Al Armstrong did of our club meetings at two recent clinics (this is just a documentary and not meant for any other category).

Race Results

Aug. 28: FLAG Run (5K). On a wet day our intrepid group of walkers did some very fast walking under very difficult conditions: **Bob Gaston** (30'48") led the way, followed by **Cliff DeWitt** (33'23") and **Cliff Hunter** (41'28"). On the women's side, **Lori Bainter-Ratzlaff** (35'21") took first, followed by **Amy Christensen** (40'14") and **Martie Lykens** (48'24"). This was one of the local races with a racewalking division. Some of our walkers actually won awards in the running division. The walking awards are forthcoming.

Sept. 6: Leawood Labor Day Run (5K). HRW walkers enjoying the nice weather were: **Alan Poisner** (32'19"), **Cliff Hunter** (40'21"), **Bobbie Thrutchley** (40'59") and **Ann Lento** (54'58").

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

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

Oct. 24: Blue Springs Marathon Relay (HRW will have 4 or 5 teams).

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