

# Heartland Racewalkers Intervals

A Sometimes Weekly Newsletter-Oct. 14, 2004

This is the 9<sup>th</sup> edition of our mini-newsletter-  
a special edition to cover recent and coming events.

**SPECIAL CLINIC Oct. 28:** Ray Funkhouser, a nationally prominent athlete and coach will be making a return appearance to do a mini-clinic at 6:30 at our fitness center: Fitness Plus More. Ray has been doing these clinics in late October for several years and those attending have always come away with more enthusiasm and knowledge. There is a fee of \$5 for this opportunity to learn from a master. Contact Alan if you have any questions.

## Upcoming Races

**Oct. 17: Des Moines Half Marathon.** A number of our members are traveling north to do this race. There is no racewalking division but it is known as a fun and friendly event. If you are doing this race, **please send your results to the editor.**

**Oct. 24: Blue Springs Marathon Relay.** Heartland Racewalkers has 5 teams entering this year-a record number. Walkers will do one or two legs with total distances ranging from 4.5 to 9.2 miles. We are certainly making our presence known in the racing community with 17 participants! If you would like to volunteer, let the editor know.

**Nov. 21: Gobbler Grind Half-Marathon and 5K.** Metro Walk & Run is again sponsoring this group of races (also including a marathon). Last year HRW was represented in the half-marathon by **Lori Bainter-Ratzlaff, Eileen McManus** and **Alan Poisner**. This year we expect to have another 6-8 in the half as well as some in the 5K (both with racewalk divisions). Volunteers are welcome.

## Race Results

**Oct. 9-12: Huntsman World Senior Games, St. George, Utah:** Heartland Racewalkers were represented at this annual event by **Alan Poisner** and **Bob Gaston**, our Lincoln, NE member. There were three races, 10K on Saturday, 1500 meters on Monday and 5K on Tuesday. **Bob** entered all three (55-59 division) and won a Bronze medal in the 1500-meter race on the track and took fourth place in the other two races. **Alan** entered the 1500-meters and the 5K and won Gold medals in both (70-74 division). Race times in the next newsletter. Our walkers proudly displayed our club name out west in very scenic country (close to Zion Canyon and Bryce Canyon National Parks). Try it next year.



Alan with Silver & Bronze Medallists  
1500 meter racewalk



Bob and Alan after 5K

