

Heartland Racewalkers Intervals

A Sometimes Weekly Newsletter-Oct. 26, 2004

**This is the 10th 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. Please let Alan know if you plan to attend.

Upcoming Races

Nov. 21: Gobbler Grind Half-Marathon and 5K. Metro Walk & Run is again sponsoring these races. There are racewalk divisions in the 5K and the half-marathon. **Rusty Collins** has generously offered HRW a \$5 discount when entering. Volunteers are welcome. We already have members registered for both races. Contact Alan for more information.

Long distance training: A group of walkers will be doing distances up to 14 miles on Saturday, starting after announcements at clinic. Let Alan know if you are interested.

Race Results (please send results to the editor)

Oct. 17: Des Moines Half-Marathon. Jane Smeltzer did the half-marathon and **Bobbie Thrutchley** did the full marathon (her first!). Congratulations to both.

Oct. 24: Blue Springs Marathon Relay, Independence, MO: HRW set a new record, fielding 5 teams in the marathon relay on a gorgeous fall day. It was dark and cool at the start (7:00 am) and warmed up considerably by the finish (around 1:00 pm). The top teams in this age- and gender-graded event were (1) Pedestrian Power and (2) the Corredors (Spanish for racers according to Captain **Lori Bainter-Ratzlaff**). The teams and results are shown below.

Team	Heartland Cardinals	Pedestrian Power	Flying Feet	Walking Talkies	Corredors	Distance
Leg 1	Ray Gabel	Sue Knapp	Don Swegel	Moe Lago	Phil Jacobs	4.60
Leg 2	Ray Gabel	Sue Knapp	Carole Price	Fred Adams	Phil Jacobs	4.55
Leg 3	Cliff DeWitt	Bonnie Downs	Diane Yameen	Patty Illing	Bobbie Thrutchley	3.97
Leg 4	Cliff DeWitt	Bonnie Downs	Mary Jeffries	Patty Illing	Bobbie Thrutchley	3.97
Leg 5	Amy Christensen	Alan Poisner	Lisa Ousley	Jane Smeltzer	Lori Bainter-R.	4.55
Leg 6	Amy Christensen	Alan Poisner	Lisa Ousley	Jane Smeltzer	Lori Bainter-R.	4.55

26.2

Place	Team	Adjusted Time-min	Absolute Time-min	av. Pace min/mile
1	Pedestrian Power	265	351	13.40
2	Corredors	283	351	13.40
3	Flying Feet	291	372	14.20
4	Walking Talkies	296	372	14.20
5	Heartland Cardinals	306	340	12.98

Notes from the race: Don Swegel was practically a last-minute replacement for Juli Williams, who had a death in the family. Our sympathy to Juli and thanks to Don for filling in. Mary Jeffries, who also was a late entrant, chose to celebrate her birthday with us-thanks and Happy Birthday, Mary. Ray Gabel got up early (really, really early) in order to do the first two legs. Sue Knapp was his walking partner and part-time coach. Ray chose to do the early legs instead of later ones (that were offered) because he had to get to the Chief's game. He must have known something. Cliff DeWitt posted some remarkably fast times, walking at a sub-10 min/mile pace for his first leg. Bobbie Thrutchley walked her 8.0 miles just one week after doing her first full-marathon in Des Moines! Phil Jacobs showed up about 45 seconds after the first leg started (while Alan's heart was still stopped) and still managed to finish the 9.2 miles of the first two legs before anyone else. Lori Bainter-Ratzlaff was delayed by traffic trying to get into Arrowhead Stadium on I-70 and got to the race site later than anticipated. June DeWitt provided very valuable support, recording finishing times, driving walkers to the starting sites, and taking pictures-thanks, June. Jane Smeltzer started eating breakfast just as her leg started; and she and Lisa Ousley apparently stopped for a brief snack at the end of leg 5. Thanks to all for making this a big day for Heartland Racewalkers. We also owe thanks to Lou Joline and the Blue Springs Runners for hosting this event that included solo races of 50 K and 50 miles in addition to a standard marathon. The awards for the top teams were bottles of champagne that we will use for nourishment at our December club party. This was the 5th year for HRW.



Alan-Phil-Don-Fred-Cliff-Bonnie-Diane-Mary



Patty-Cliff-Mary-Bonnie-Diane-Bobbie-June-Don



Lisa-Amy-Jane: happy that it's over



Lori and Alan finishing leg 6