



Heartland Racewalkers Intervals

A Sometimes Weekly Newsletter-Dec. 8, 2004

This is the 12th edition of our mini-newsletter

Annual Holiday Party-Dec. 4: 27 walkers attended our annual holiday party at Peg and Al Armstrong's home. Awards were given out to those who had accumulated points during the past six months. The big winners (more than 40 points) were **Patty Illing, Pam Felton** and **Fred Adams**. Patty and Pam earned club jackets (\$35 value); Fred received a special racewalking shirt. Congratulations. All of those who attended received awards. Door prizes (some generously provided by Metro Walk and Run) were given out.

Carol Goslin told us about her experience in the recent New York marathon and showed us her medal. She is cutting down to about only 5-6 marathons a year! Trudy Nepstad once again showed us her scarves and other warm weather gear. She is again giving 20% of the proceeds to our favorite charity: the McNaughton Fund of Heartland Racewalkers.

Elections were held and the incumbent slate was reelected (on a platform that called for a doubling of their salaries): Alan Poisner-President; Peg Armstrong-Vice-President; Sarah Justice-Secretary; Fred Adams-Treasurer. Board members will be announced later. A list of officers beginning with the club's inception in 1989 is shown below. Attached is a year-end report that the Prez skipped at the annual meeting in the interest of time.

Midweek and weekend long distance training: If you would like to get in an hour workout on Wednesdays (6:15) or Thursdays (6:30) contact Alan. Wednesdays are with the KC Track Club's WNR; and Thursdays will be at our club-only if enough walkers express interest. These will emphasize drills. Longer walks on Saturdays or Sundays can also be arranged.

NEW HOME PAGE: Our new home page is under development and can be viewed at: www.heartlandracewalkers.com/ There are some good links, past newsletters and other information. 3 points will be awarded to the first person that searches the "newsletter" link, clicks on the "pics" link, and identifies the two persons in the middle right picture. Send the answer to apoisner@kumc.edu.

Race Results:

Dec. 5. Jingle Bell Run: The Arthritis Foundation once again gave awards to racewalkers who competed in the 5K. The top two walkers on this cold day were (1) Lori Bainter-Ratzlaff and (2) Marla Thompson. They had to wait a few extra minutes for Alan to remind the announcer that he was not through with the awards. Bobbie Thrutchley and Ann Lento also participated. The small turnout from our club this year was probably due to our having the annual party the day before. We should have a much bigger turnout next year.

Upcoming Races:

Jan. 1: New Year's day: Not really a race, this annual event shared with the KC Track Club starts at Roe Park at 10 am. Our club walks for about 30 min and then heads for First Watch for the first brunch of the year. Let Alan know if you have any questions or plan to attend.

Officers, Heartland Racewalkers, 1989-2005

	President	V.P.	Secretary	Treasurer	Clinic Director	Newsletter Editor
1989	Quinton Bowles	Carla Howell	Judy Strickland	Dick Obert	Pathe Price	Judy Strickland
1990	Carla Howell	Priscilla Obert	Joyce Bartel	Sylvia Diangelo	Pathe Price	Judy Strickland
1991	Jim Fogle	Judy Strickland	Eldon Rauch	Jim Skinner	Pathe Price	Jan Farr
1992	Judy Strickland	Jim Skinner	Jean Brunnenkant	Eldon Rauch	Pathe Price	Jan Farr
1993	Jim Skinner	Lew McNaughton	Jean Brunnenkant	Kit Sougey	Pathe Price	Jan Farr
1994	Lew McNaughton	Jim Fogle	Kimbel Westerson	Kit Sougey	Jim Fogle	Jim Skinner
1995	Lew McNaughton	Joyce Bartel	Judy Pascarella	Kit Sougey	Jim Fogle	Jim Skinner
1996	Alan Poisner	Joyce Bartel	Judy Pascarella	Kit Sougey	Jim Fogle	Ed/Jeanne Levy
1997	Alan Poisner	Peg/Al Armstrong	Jean Brunnenkant	Fred Adams	Jim Fogle	Ed/Jeanne Levy
1998	Alan Poisner	Peg/Al Armstrong	Jean Brunnenkant	Fred Adams	Jim Fogle	Ed/Jeanne Levy
1999	Alan Poisner	Peg/Al Armstrong	Charlotte Simmonds	Fred Adams	Jim Fogle	Ed/Jeanne Levy
2000	Alan Poisner	Peg/Al Armstrong	Charlotte Simmonds	Fred Adams	Steve Figoni	Ed/Jeanne Levy
2001	Alan Poisner	Peg/Al Armstrong	Patty/Tom Zinchuk	Fred Adams	Steve Figoni	Ed/Jeanne Levy
2002	Alan Poisner	Peg/Al Armstrong	Patty/Tom Zinchuk	Fred Adams	Fred Adams	Ed/Jeanne Levy
2003	Alan Poisner	Peg/Al Armstrong	Lori Bainter	Fred Adams	Fred Adams	Alan Poisner
2004	Alan Poisner	Peg Armstrong	Sarah Justice	Fred Adams	Fred Adams	Alan Poisner
2005	Alan Poisner	Peg Armstrong	Sarah Justice	Fred Adams	Fred Adams	Alan Poisner