



Heartland Racewalkers Intervals

A Sometimes Weekly Newsletter-Dec. 27, 2004

This is the 13th edition of our mini-newsletter

Christmas and New Year's Greetings: As the year winds down, we send our best wishes to all HRW and friends. Our club has had a very good year and we look forward to a great 2005. It will start with our traditional New Year's day walk at Roe Park at 10 am. This is held along with the KC Track Club's celebration that will include noise-makers and camaraderie. We usually restrict our walking to about 30 min so we can get in our first brunch of the year at First Watch. Check with the editor if you have questions.

Member news: Congratulations to **Amy Christensen** and Jonathan Hoyt on their wedding on Dec. 31. We had a card signing for Amy at our Dec. 18 meeting. **Al & Peg Armstrong** had an exciting trip to Virginia over Christmas (the weather was more exciting than they wanted) but a family reunion was worth it.

Membership renewal and shirt distribution: For those who have not yet renewed their membership for 2005, an application is attached. **THOSE WHO HAVE RENEWED ARE LISTED ON THE ATTACHED SHEET. CHECK TO SEE IF YOUR NAME IS LISTED.** Note that there are various forms of memberships from "sustaining" to "newsletter only". We still have a supply of long-sleeve shirts in various sizes and it just costs \$5 more than for the regular short-sleeve ones. The availability is more restricted.

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. For those who like to do their longer walks on Saturdays, we request that you start with us at 8:00 for announcements and stretching and then go out for your desired time. That will enhance the numbers for both the initial get-together and for the outdoor walking.

NEW HOME PAGE: Our new home page continues its development and can be viewed at: www.heartlandracewalkers.com/ There are some good links, past newsletters and other information. The picture link now shows views from our holiday party. The newsletter and news links have been updated. We have started a program of awarding points to individuals who can answer questions posed here about information on our homepage. The co-winners from the last INTERVALS were **Carol Goslin** and **Sue Knapp**. 3 points will be awarded to the first person that searches the "news" link and answers the question about the name of our team at the Brew to Brew. Send the answer to apoisner@kumc.edu.

Weekly hints: As a new feature we will have attachments to our newsletter with helpful hints and useful information. This week we have a feature on pedometers and how many steps to take a day (from "Your Guide to Walking" by Wendy Bumgardner). If you have requests on other topics send them to the editor.

Upcoming Races and walks:

Jan. 1: New Year's Day walk: 10:00 Roe Park (together with about 100 runners)

Jan. 30: Ground Hog 5K and 10K. This unique event is probably the only underground race of this distance in the U.S. The numbers of entrants is limited so get in your entry soon if you want to participate. There is no racewalk division but some of our members participate just for the experience. Most just concentrate on the 5K that starts at 9:00 am.

HAPPY NEW YEAR!