



## HEARTLAND FOOTBEATS January 14, 2005

### Heartland Racewalkers Club

USATF Club Mo. Valley #1019  
P.O. Box 11141, Shawnee Mission, KS 66207

#### Home Page:

<http://www.heartlandracewalkers.com>

#### Bulletin Board:

<http://www.bulletinboards.com/view.cfm?comcode=kctc#Racewalkers>

#### Racewalking Site (including photo album):

[http://www.groups.yahoo.com/group/kcrunning/lists/SPORTS\\_OTHER\\_THAN\\_RU\\_001006978646/Racewalking\\_001006978677/](http://www.groups.yahoo.com/group/kcrunning/lists/SPORTS_OTHER_THAN_RU_001006978646/Racewalking_001006978677/)

### Club Officers

**President - Alan Poisner**  
**Vice President - Peggy Armstrong**  
**Secretary – Sarah Justice**  
**Treasurer & Clinic Director - Fred Adams**  
**Historian - Jean Brunnenkant**  
**Newsletter Editor - Alan Poisner**

**Clinic Times:** Saturdays at 8:00 AM at Health Plus-107<sup>th</sup> & Roe; Thursdays at 6:30 PM- (contact Alan before);

**Monthly Meetings:** First Saturday of each month after clinic (except otherwise noted)

### February Meeting: 9:00 am-Feb. 12

After nine months gestation, we are finally going to get to see Jeff Salvage's new "Race Walk Like a Champion". This set of two DVDs is the latest and greatest instruction for racewalking. Be sure to come to our premier. You can come after our 8:00 clinic or also just mosey on downstairs for refreshments and other good stuff.

We'd like to recognize January birthdays: **Don Swegel** (8); **Bonnie Downs** (15); **Lori Bainter-Ratzlaff** (23); **Carol Goslin** (26). Here's wishing them many more years of good walking

### Member News

We're happy to report that **Floyd Delon** has had successful surgery and has been able to join several recent clinics. **Don Swegel** has also recently had successful surgery and is recuperating at home. We look forward to seeing him back soon. Romance is in the air: **Amy Chistensen** was married on Dec. 31 and **Jake Fowler** has recently become engaged. Jake has also begun a new job as well as helping keep our homepage running. **Alan Poisner** will be doing a 5K race in Tampa, FL on Feb. 5 and **Carol Goslin** is doing another marathon at the same location on the 6<sup>th</sup>.

### NEWS FROM THE PREZ

After 13 issues of our weekly **INTERVALS** mini-newsletter, we are going back to a full monthly version. We finished up 2004 with a bang at our annual holiday party and followed it up with a great New Year's Day walk. Now it's time for all the New Year's resolutions to kick in and to increase your pedestrian mileage. As a matter of fact, the government health experts have just recommended that everyone get at least 30 min of active exercise every day-and they specifically mentioned brisk walking. For weight control they recommend 60 min. So we can "do our thing" and be right up to date (as usual).

There aren't many races this time of year. We already had the **Jingle Bell Run** in December and the **New Year's Day walk**. The next one on the calendar is the **Ground Hog run** (5K and 10K) on Jan. 30. This is a unique underground event that everyone ought to try. The available slots are filling up fast and if you want be able to enter, you should register ASAP. Entry blanks at club or online:  
[http://www.active.com/event\\_detail.cfm?event\\_id=1174515](http://www.active.com/event_detail.cfm?event_id=1174515)

The next big event is the **Brew to Brew Relay** on March 20. Reminders about this event have been sent to club members. Please contact Alan if you are interested or have questions.

Carol has also been a two-time winner of point awards based on answering questions posed in our INTERVALS newsletter. So she is off to a fast start, collecting 6 points. Even more points are awarded for bringing in new members. Try bringing some of your friends to our Saturday clinic-they may pick up a lifetime habit and you may pick up some points. Patty Illing won a new club jacket (\$33 value) at our annual party based on her accumulated points.

**2005 Memberships:** Renewals are due now and if you have not yet sent in your forms or money, please bring or send them now. Newsletter only membership is just \$10; membership with a short-sleeve shirt is \$15 and \$20 with a long-sleeve shirt. A sustaining membership (together with either type of shirt) is \$25. Your support helps keep racewalking alive in the Kansas City area. We have been getting more and better PR recently. Let's keep up the good momentum.

**Future races:** Alan has been working with race organizers recently to get racewalking divisions and has been having some success. He is also working with the new Monster Dash and the Kansas City Senior Olympics committees to have racewalking part of the list of events. Stay tuned for further developments.

**Midweek Clinic:** We still can walk at Health Plus on Thursdays at 6:30 pm. If you want organized walking and stretching, please contact Alan before attending. A number of our members also walk at 6:15 on Wednesdays with the KC Track Club. When the weather improves we will resume our longer walks on Saturdays and Sundays. Check with Alan if you would like to participate in any of these opportunities.

**Internet Sites of the Month:** As a continuing feature of our newsletter, we will periodically list some internet sites that have information of interest to racewalkers, such as shoes, training programs, nutrition, exercise equipment, clothes, etc. This week we introduce some new concepts: vVO2max and tlimvVO2max. These were described by Prof. Veronique Billat and are explained at the following:  
<http://www.brianmac.demon.co.uk/vvo2max.htm>

This goes beyond the discussion of lactate threshold.

Information on prevention and treatment of blisters:

**Blister prevention**

[http://walking.about.com/cs/blisterschafing/a/blistersbegone\\_4.htm](http://walking.about.com/cs/blisterschafing/a/blistersbegone_4.htm)

**Blister treatment**

<http://walking.about.com/library/howto/htblister.htm>

**Biographical sketches:** Periodically we present brief bio-sketches of members. This month we present two: one of a long-time member and one of a relatively new one.

**Fred Adams,** our current Clinic Director and Treasurer, is a racewalking veteran with many awards. The following is his response about his background.

Grew up in Iowa. High School Creston, Iowa. Attended Junior College in Creston then attended the University of Omaha and Graduated with a degree in Business Administration in 1955.

Played football all four years of high school and three years at the U of Omaha. Played guard at 165 pounds. My senior year at U of Omaha we were undefeated and play in the Tangerine Bowl in Orlando. We won 7 to 6. Played Eastern Kentucky University. After college entered the Navy and played for the Navy in Washington, D.C.

After discharge from the Navy worked for Dun & Bradstreet, Inc. for 31 years. Lived in Omaha, Lincoln, St. Louis, Little Rock and South Bend, Ind. Upon retirement in 1989 moved to Hot Springs, Village, AR. then moved to Liberty in 1996.

Married my wife Sherry in 1964 and we have one son who lives in New Orleans. He is a city planner for the city of New Orleans. Graduated from the U of Arkansas both undergraduate and gradate degrees. He is presently working on his Ph.D.

I started race walking in 1989 after suffering a heart attack. Been at it since. While living in Arkansas and attending meets in St. Louis and National Senior Olympic meets I knew Alan. When we moved to Liberty I contacted him

Reasons for racewalking is/was fitness and I love competition. Future goal is to continue as long as the body will let me.

Past accomplishments have included gold medals at the various State Senior Olympics including Missouri, Kansas, Arkansas and Iowa. Hope someday to earn a medal at the National Senior Olympics. Will have to outlive everybody

A newer member who temporarily was taking a course on Saturdays is now back with us at clinic: **Mary Fowler**. She is part of the Fowler family that includes son **Jake**, the webmaster of our internet site, and brother Max Green and nephew Mark Green. They were both selected as masters Racewalkers of the Year in their respective age divisions! Quite a family.

**Name:** Mary Nell Green Fowler

**Place of birth:** Detroit, Michigan

**Place of upbringing & schools attended (high school, college):** Kansas City, north of the River. I attended North Kansas City High School. I have a B.S. from a small school in Oklahoma and an M.A. in Special Education from UMKC

**Other communities in which you have lived:** I lived in Michigan for 9 years, Oklahoma for 9 years, and the Kansas City area the rest of the time.

**Current employment:** I am the Homebound Coordinator for the Olathe School District.

**Family (spouse, children):** I have 2 grown sons.

**Years of walking:** I tried race walking several years ago, but I didn't stick with it. Actually, I've been walking for more than 57 years now.

**How you found out about Heartland Racewalkers:**  
Lori Bainter.

**Reasons for racewalking:** To lower my blood pressure, cholesterol, control weight, and increase aerobic fitness.

**Future goals and accomplishments so far:** I would like to improve my speed and endurance in race walking.



Fred Adams with another medal