



## HEARTLAND FOOTBEATS March 25, 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=>

## NEWS FROM THE PREZ

This is the second monthly newsletter of 2005. It still takes some getting used to writing 2005 when we just barely survived the 2000 millennium crisis.

There still aren't many races this time of year. We had the Ground Hog run (see below) in on Jan. 30 and the **Brew to Brew Relay** on March 20 (see below). The pace will be picking up in the spring.

Our **March 4<sup>th</sup> meeting** featured Part 2 of Jeff Salvage's new "**Race Walk Like a Champion**". We viewed bios of prominent racewalkers, including Debbi Lawrence, the co-founder of racewalking in the KC area. Other chapters cover new training programs and drills. We will be showing more of these at future meetings.

Our **April meeting** (see box to the right) will feature Dr. Anthony Phillips, a sports chiropractor, who will discuss injury prevention. He has spoken to us on several occasions and is always very helpful.

### Member News

We're happy to report that **Don Swegel** is still recuperating well and had even tried some racewalking with his new knee. We look forward to seeing him soon. We want to welcome members joining in the last month: **Tom Oakes, Bob Smith, Mike Sharp, Ann** and **Jim Bammer**. We hope that they will have many good miles walking with HRW. That brings our current paid-up membership to 45.

### 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 Fitness Plus More-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-see below)**

### April Meeting: 9:00 am-April 16

**Injury Prevention:** Dr. Anthony Phillips from the Chiropractic and Sports Injury Clinic will once again be our speaker. He will be giving tips on injury prevention. 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 **March birthdays: Sarah Justice (1); Trudy Nepstad (1); Jim Bammer (20); Cliff Hunter (16); Jake Fowler (25); Sarah Pugh (25). April birthdays: Bobbie Thutchley (9), Al Armstrong (9), Ann Bammer (18),** Here's wishing them many more years of good walking

**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.

## **BREW to BREW RELAY: March 20, 2005**

At 6:00 am on a cold morning, our club team, **Perpetual Pedestrians Prevail**, started the 43.2 mile trek to Lawrence. **Amy Christensen, Virginia Harmer, Lauriann Lund, Phil Jacobs** and **Alan Poisner** arrived at 3:10 and that included total waiting time of 8 min for a train (**Amy**) and a boat trip (**Alan**). The latter will be explained at our next club meeting. Each walker did two different legs of the relay as shown below. Over 2,000 people participated this year, collecting more than \$10,000 for Cystic Fibrosis research. Thanks to our club members who served as volunteers: **Tomasz Taubert, Kathy Cairnes, and John Anderson.**



**Phil, Amy, Virginia, Alan Lauriann**

Our team, as usual, beat 8 running teams. So we lost out again on winning the Dead Last Award. Lou Joline did put us in a separate racewalking division and since we were the only walking team-we won. Special congratulations to newcomers **Virginia Harmer** and **Lauriann Lund** who set personal records (PR's) and to **Amy Christensen** who bettered her time from last year. This was the 4<sup>th</sup> year for Phil and 5<sup>th</sup> for Alan. We hope to have two teams next year (ask us about the event).

Leg	Walker	Miles	Time	Pace
1	Phil	4.3	61	14:19
2	Lauriann	5.2	69	13:27
3	Amy	5.3	64	12:08
4	Virginia	2.3	29	12:61
5	Amy	5.0	67	13:40
6	Lauriann	3.4	43	12:65
7	Alan	4.8	51	10:63
8	Virginia	4.0	50	12:50
9	Phil	4.2	56	13:33
10	Alan	4.7	52	11:06
Total		43.2		

**BREW TO BREW-March 20, 2005**  
Kansas City to Lawrence

## **Groundhog Run: Jan. 30, 2005**

There were no racewalking awards in this unique set of races but HRW still made a great showing. In fact, several of our club won awards in the running age divisions, including **Tom Young (1<sup>st</sup>), Bobbie Thrutchley (2<sup>nd</sup>)** and **Carol Goslin and Trudy Nepstad (3rds)**. Congratulations to all.

		5K	
Female	Amy Christensen	38:47	
	Patricia Illing	40:59	
	Carole Price	45:13	
Male	Roger White	28:05	
	Alan Poisner	33:11	
	Fred Adams	35:44	
	Moe Lago	38:46	
	Tom Young	45:36	
	Floyd Delon	46:34	
		10K	
Female	Carol Goslin	64:31	
	Lauriann Lund	82:37	
	Bobbie Thrutchley	88:46	
	Trudy Nepstad	90:31	

**Future races:** Below is a list of races with racewalking divisions. In addition, there are many other races in the metro area that walkers may enter for the experience. For further information, contact Alan.

**April 10: North Regional USATF 10K Championship & Association 5K: Columbia, MO**

**May 29: Half-marathon & 10K: Arrowhead Stadium**

**June 4: (tentative): Be-A-Walker predicted time-5K**

**June 13-15: National Senior Olympics: Pittsburgh**

**June 17-18: USATF Missouri Valley Track and Field Championships -Topeka**

**June 19: Beat the Heat 5K; Overland Park**

**July 17: \$10-miler: Arrowhead stadium**

**July 23: Sunflower Games: Topeka 5K**

**Aug. 26-27: Portland to Coast Walk: HRW has two walkers in this 128-mile relay**

**Aug. 27: FLAG Run; 5K-Overland Park**

**Sept 18: Kansas City Sr Olympics: 1500-meter walk-Bishop Miege (please put this on your calendar)**

**Oct. 15: Monster dash: 5K-Kansas Speedway**

**Biographical sketch:** Periodically we present brief bio-sketches of members. This month we continue with a review of our club officers. Our last newsletter featured our Treasurer and Clinic Director, **Fred Adams**. This month we feature our Vice-President, **Peg Armstrong**. **Peg is a long-time member and tireless worker for HRW.** The following is her response about her background.

Name: Margaret (Peg) Newton Armstrong

Place of birth: Chetopa, KS (SE corner of the state)

Place of upbringing & schools (high school, college):  
Chetopa HS, KU School of Nursing

Other communities in which you have lived:  
Lived in Hutchinson, KS for about two years

Athletic activities during school: I hated athletic activities in HS, but I was a cheerleader and was on the drill team

Current & past employment: Worked part time in Hutchinson, and at SM Hospital when it first opened. Have spent the last 35 years working as a school nurse for Shawnee Mission District.

Family (spouse, children): Met husband, Al, at KU. Have two daughters and one son. Two of the three are Jayhawks.

Years of walking: About 8 or 10

How you found out about Heartland Racewalkers:  
Judy Maturo offered Introduction to Racewalking class at then Health Plus

Reasons for racewalking: fitness, competition, weight control, injury prevention, etc. Mainly for fitness

Future goals and accomplishments so far: To stay mobile and keep all the joints working.

Other information: Like to garden, play bridge, do genealogy research

**Homepage:** We continue to update our new homepage: [www.heartlandracewalkers.com](http://www.heartlandracewalkers.com). You will find more pictures and older newsletters, as well as links and club news. We will continue to include questions with prizes for answers. So keep up to date.

**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.



**Peg Armstrong-Vice President**

**Internet Sites of the Month:** As a continuing feature of our newsletter, we periodically list some internet sites that have information of interest to racewalkers, such as shoes, training programs, nutrition, exercise equipment, clothes, etc. There are three topics this week. If you have the Word version on the screen, you can just double click to view the topics.

**Ways to increase speed:**

[http://active.com/story.cfm?story\\_id=11562&page=1](http://active.com/story.cfm?story_id=11562&page=1)

**Answers to common questions such shin and back pain, shoes and socks, chafing and more..**

[http://www.walkingconnection.com/Walking\\_Tips.html](http://www.walkingconnection.com/Walking_Tips.html)

**Best Time to Walk**

<http://walking.about.com/cs/beginners/a/besttime.htm>

**Metro Walk & Run closes:** One of our popular stores for walking gear has been bought by the The Sports Medicine Store at 95<sup>th</sup> & Metcalf (7301 W. 95th) and will operate there as of April 1<sup>st</sup>. For the next few days, they are having a store-moving sale at their Waldo location with all winter clothing 60% off and summer clothing all summer clothing 25% off. Rusty and Dave will continue to work at the new location.

**Feedback:** [apolisner@kumc.edu](mailto:apolisner@kumc.edu)

