



Heartland Racewalkers Intervals

A Sometimes Weekly Newsletter-May 23, 2005

This is the 14th edition of our mini-newsletter

After a number of longer monthly newsletters, we are sending out another one of our (shorter) INTERVALS. Spring has brought warmer weather and more racing opportunities (see below). This is a good time to enjoy the spring scenery while getting in your miles. We can arrange group walks on weekends, Tuesdays, Wednesdays and Thursdays. Check with the editor.

Monthly meetings: We viewed some more of Jeff Salvage's Racewalk like a Champion at our May meeting. Our June meeting will be our annual Be-A-Walker 5K predicted-time race and picnic. We will meet at the shelter house at Roe Park and start the race at 8:00 (not at the fitness center). Please send in your predictions ahead of time to help with the planning.

Member news: We welcome new member Carla MacMillan (50th member). As part of our outreach to the community, we are presenting a clinic at the In Step & In Shape Walk & Health Expo presented by the Johnson County Parks & Rec. Martie Lykens and Alan Poisner will conduct a mini-clinic, monitor a 3-mile race and have a table at the expo at the Shawnee Civic Center on May 25. Also, Lori Bainter-Ratzlaff and Alan will conduct a 2-hour training program for the Olathe School district on June 7 at the Washington school. HRW is sending a quintet to the National Senior Olympics in Pittsburgh, PA on June 13 and 15: Jean Brunnenkant, Martie Lykens, Fred Adams, Alan Poisner and Bobbie Thrutchley. We wish them well as they carry the colors of HRW.

NEW HOME PAGE: www.heartlandracewalkers.com/ has links to past newsletters and other information. There are updated news, pictures and results. Check it out.

Weekly hints: As a continuing feature we have included attachments to our newsletter with helpful hints and useful information. This week we have a feature on [Varying intensity on your workouts](#) (from ultrafit.com) and [Mythbusting for walking shoes and workouts](#) (from Walkingabout.com). If you have requests on other topics send them to the editor.

Race Results

Taking first place in their age divisions were Cliff Hunter at the Heart & Sole 5K Classic in Olathe on May 7 and Tom Oakes and Bobbie Thrutchley in the Sanctuary of Hope 5K in KC, KS on May 21. HRW had a large representation at the Steps to the Cure 5K in Leawood on May 15: Amy Christensen, Patty Illing, Martie Lykens, Carole Price, Jean Brunnenkant, Roger White, Cliff DeWitt, Mike Sharp, Fred Adams, Tom Young, Floyd Delon. Amy and Roger took first overall. Many of our club also took medals in the running division. See our homepage for detailed results.

Upcoming Races (May-June-July)

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.

June 4: Be-A-Walker predicted time-5K (annual club race and picnic) – put this on your calendar.

June 13-15: National Senior Olympics: Pittsburgh - 5K and 1500 meters

June 19: Beat the Heat 5K; Overland Park (need larger turnout)

June 24-25: Mo Senior Games (Columbia) 1500 meters and 5K

July 23: Sunflower Games: Topeka 1500 meters (all ages) registration deadline July 8

SPECIAL EVENT: Sept. 18: Kansas City Senior Games-Sept. 18: 1500 meters at Bishop Miege High School.

