



HEARTLAND FOOTBEATS June 27, 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 a special edition of our monthly newsletter with results for the biannual **National Senior Olympics** (see story, results and pics below).

Our **May meeting** featured viewing other portions of Jeff Salvage's "Racewalk Like a Champion".

Our **June meeting** was supposed to be our annual **Be-A-Walker 5K predicted time race**. However, Mother Nature decided to give us some overdue rain and we moved indoors. We still had some good refreshments, courtesy of Peg Armstrong and some helpful members. And we did view some more of the DVD on racewalking. Since eating is also one of the favorite activities of our group, this was a successful substitute.

Member News

We're happy to report that **Pamela Felton** is recuperating from the accident that necessitated her bone/hip surgery. We look forward to her continued improvement and seeing her back with us once again. **Floyd Delon** also continues to improve after his surgery and has been coming to our Saturday clinics. **Al Armstrong** had a brief hospital stay and we are pleased that it was brief and that he is back with us on the track and the trails. **Trudy Nepstad** was recently featured in an article in The Best Times from Johnson County Parks & Rec. This was another way of informing the area community about one of our local treasures. We welcome **Mike Sharp** as a new at-large member of our board. Mike brings a great deal of experience in racewalking as a competitor and coach.

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-107th & Roe. Weekday walks Mon, Tues & Thursday can be arranged- (contact Alan).

Monthly Meetings: First Saturday of each month after clinic (except otherwise noted- see below).

July Meeting: 9:00 am-July 2

Injury Prevention and Treatment: Mike Farmer from the **Sports Medicine Store** will be advising us about newer options that runners and walkers have for preventing and treating injuries. Rusty Collins and Dave Maguire from Metro Walk and Run are on the staff there (95th & Metcalf). You can come at 9:00 or also just mosey on downstairs after our usual clinic for refreshments and other good stuff.

Lisa Ousley and **Jane Smeltzer** recently completed the 60-mile 3-day Avon Cancer walk. Congratulations for their hard work. **Martie Lykens** and **Alan Poisner** presented a brief walking clinic at the Johnson County Parks & Rec's Step and In Shape Walk and Expo in Shawnee on May 25. After the 1.5-mile walk, awards were given to the top walkers. We are pleased that **Beverly Sherwood**, who was the top walker, has been a regular at our clinics. The organizers have asked us to come again next year. **Lori Bainter-Ratzlaff** and **Alan Poisner** presented a clinic at the Washington School in Olathe for teachers and staff. They showed portions of the video on racewalking by Elaine Ward and did demonstrations and practice on the nearby track.

Our rescheduled **Be-A-Walker** is now planned for Oct. 1. **Please put that date on your calendar.** Those who previously registered will have their entry fees honored. They can change the times of their predictions up to the Sept. 30. More information later.

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. This week we feature a repeat reminder of **Age-graded tables.** This is a great way to follow your own racewalking times and compare them to various ages at different distances. We will discuss this at a future meeting.

www.philsport.com/narf/aagegrd.htm

After reading the screen, click on the link to: **Calculator**

Here are two examples of using the calculator from our recent Senior Olympics:

Race 1500 meters Walk
 Gender M
 Age 70
 Time 8:49:97
 Age-graded 80.95%

On the same screen at the bottom left, it projects what the walker would have done at other distances, including running instead of walking. It also indicates the projection of what the individual would have done in prime years (20-29) or any age.

	Projected		
	At age 70	At prime age	At age 50
1500 M Walk	8:49.7	6:22	7:18.6

Projected	Projected	
Mile Run	At prime age	At age 50
	6:23	4:38

Race	Projected		
	1500 M Walk	At prime age	At age 50
Gender	F		
Age	88		
Time	13:17:04	6:57	8:02
Age-Graded	82.30%		

A link from Active.com on **Increasing foot speed** is at: www.active.com/story.cfm?story_id=11736&sidebar
 This is written for runners but can be useful for walkers. If you have the Word version on the screen, you can just double click to view the topics.

Homepage: We continue to update our new homepage: 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.

Race Results

May 30: Amy Thompson 5K & 8K (Loose Park) (no walking divisions)

5K-Male

70-99	Name	Time	Pace
3	Alan Poisner	32:44	10:34
6	Floyd Delon	49:30	15:58

8K-Male

70-99	Name	Time	Pace
4	Cliff Hunter	1:07:38	13:39

8K-Female

60-64	Name	Time	Pace
7	Carol Goslin	53:04	10:42

June 4: Hospital Hill 5K-Kansas City, MO
 70-79 Female: **Bobbie Thrutchley-1st 40:24"**
 70-79 Male: **Cliff Hunter-7th 42:21"**

June 13-15: National Senior Olympics (see below)

June 19: Beat the Heat 5K: Overland Park
Male

Ray Gabel 2nd-44:11

Floyd Delon: 3rd-47:36 (3rd in running division).

Female

Sue Knapp 1st 39:57

Amy Christensen 2nd-39:57

June 24-25: Mo Senior Olympics (Columbia)

1500 meters 70-74: **Fred Adams-Gold-9:48"**
 5 K **Fred Adams-Gold-34:17"**

June 24: Night Flight Lee's Summit

Floyd Delon and **Cliff Hunter** did this nighttime race (9:15 start). Results in next newsletter.

Future races

Below is a list of **races with racewalking divisions**. There are also many other races in the metro area that walkers may enter for the experience. For further information, contact Alan. See also www.mararunning.com

July 17: \$10-miler: Roe Park (Rusty Collins race)

July 23: Sunflower Games: Topeka 5K

(deadline for entry July 7-check with Alan for transportation).

Aug. 20: FLAG run/walk 5K: Benefiting the National Kidney Foundation. See www.Theflagrun.com
 Racewalking awards.

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

Sept 18: Kansas City Sr Olympics: 1500-meter 10:00 am
 Bishop Miede HS (**put this on your calendar**)

Sept. 25: KS Senior Olympics-Topeka

Oct. 1: Be-A-walker Predicted-Time 5K

Oct. 15: Monster Dash: 5K-Kansas Speedway

Oct. 23: Blue Springs Marathon Relay

Biographical sketch: Periodically we present brief bio-sketches of members. This month we continue with a review of our club officers. We have had bios of our club Vice-President, **Peg Armstrong**, secretary, **Sarah Justice**, and Treasurer and Clinic Director, **Fred Adams**. This month we feature **Alan Poisner**, club President and Newsletter editor.

Name: Alan Poisner

Place of birth: Kansas City, MO

Place of upbringing & schools:

Kansas City: Southwest High School

College: B.S.-Cal Tech; M.D-Univ. of Kansas

Intern: Univ. Illinois; Post-Doc: NY & London

Past/current employment:

Albert Einstein Col. Med.-4 years; Univ. of Kansas

Med School-Pharmacology faculty-33 years;

Retired 2001; currently: tutoring-Univ. Academy

charter school; Quintiles Human Subjects Drug

Committee (IRB); HRW.

Other cities you have lived in: Pasadena, CA;

Lawrence, KS; Chicago, IL; New York, London.

Durham, NC and Cincinnati, OH on sabbaticals.

Family: Wife: Roselle (43 years); Sons: David (41);

Jonathan (39); 3 grandchildren (ages 8-10 & 12)

Years of walking: 20

How you found out about Heartland Racewalkers:

I joined the Kansas City Walkers in 1986 when Don & Debbi Lawrence started racewalking in KC. When they left in 1989, a number of members formed the Heartland Racewalkers. I became president of HRW in 1996 after returning from sabbatical in Cincinnati.

Reasons for racewalking: I took up running when I was about 40 and did that for about 3-4 years before an injury convinced me that my long-term health would be jeopardized if I continued. I had played tennis for 50 years but racewalking allows one to have the best of all possible benefits: maintains health throughout life without injuries associated with other aerobic sports, permits competition, helps with flexibility, and allows one to meet some really great people.

Accomplishments and future goals: I have racewalked two marathons. This was especially rewarding since I trained with and supported the Leukemia Society (TNT). In 1998 I won a Gold medal in the Nike World Games in Oregon in a race that included the American racewalking icon Ron Laird. He was well past his glory years and had gained a large amount of weight (there are some advantages to being skinny). In the national Senior Olympics I have won 2 Silver and 3 Bronze medals, along with a number of ribbons. My best accomplishment has been to spend these 20 years enjoying and supporting the local racewalkers. My future racewalking goals are to continue with HRW and follow the examples of Jean Brunnenkant and Tom Young, my role models.



Alan in racewalking mode



Alan in editing mode

HRW at National Senior Olympics
June 13 and 15, 2005, Pittsburgh, PA

Five of our stalwart pedestrians traveled to Pittsburgh (after winning medals in their respective state games) and found that summer had broken out there before its scheduled arrival. A bigger challenge was finding the venue for the 5K race at a regional park about 15 miles from the headquarters at the Univ. of Pittsburgh. The directions that were distributed neglected to

mention that some of the streets turned at right angles and the continuation street had a different name. Nevertheless, the driver of one car (AP) and his navigator (RP) managed to find the site on Sunday (the day before the race). Needless to say, the other passengers, Jean Brunnenkant, Bobbie Thrutchley and Martie Lykens were confident that the captain would find the way. Fred Adams came separately and had his own adventure finding the park. This was not a trivial problem inasmuch as some walkers, who did not make the voyage of discovery the day before, were unable to find the starting site on Monday and the organizers did not make any arrangements for travel to the starting site. This might have been a portent of things to come. Those of us who have been to previous Senior Olympics have come to expect the unexpected. But we did not anticipate that we would get two races for the price of one. When the race started on the road in the regional park, the lead walkers and all who followed continued past a side road that was supposed to be the proper route. We continued up and back down a hill before word was passed that we would have to start all over again. This was almost 10 minutes into the race and some of us never regained the burst of energy that we used in the initial race. After the dust had settled (and a barrage of angry complaints), HRW still managed to garner a number of medals and ribbons: one Gold, one Bronze and two 6th-place ribbons (see table).

Two days later, the 1500 meter race was held on the Carnegie-Mellon University track-a beautiful facility near the University of Pittsburgh. The races were spaced out through the whole day by age divisions. Jean Brunnenkant had to wait around a long time because they decided at the last minute to combine two heats so that there would be enough walkers. Jean was in the first heat that involved athletes in the divisions from 80-94. Before the race, several TV reporters interviewed her, with cameras rolling. Later that evening, Martie and Jean viewed Jean's debut on Pittsburgh TV. They had picked the right person to interview since Jean soon picked up another Gold Medal. This was the third time that Jean had won Gold medals at the national Senior Olympics, each in a different age division (75-79, 80-84, and 85-90)! This is probably a record. The most exciting race was in the women's 75-79 where Martie Lykens in her first race at a national event cruised in to a Bronze medal. We were really pleased for Martie since she had a bad experience in the double-header 5K on Monday. We also were aware that Martie had been receiving some coaching from Jean in the weeks leading up to the competition. It obviously worked. Alan also won a Bronze in the 70-74

division that was the largest of the day (24 walkers started in one heat). Alan's two Bronzes were one step below the two Silvers that he won two years ago in Virginia, but he was pleased that his age-graded percentage in the 1500 meters was actually better than in 2003 (81.0 vs 80.1). Bobbie Thrutchley picked up her second ribbon and her daughter Amy, who came from Wichita, was really proud of her mom (so were we). Amy also took some great pictures.

Our troops had a good time sight-seeing and eating in Pittsburgh when they were not competing. Roselle Poisner (RP) was a big help to our contingent and provided some of the pictures that we obtained. The next National Senior Olympics will be in Louisville, KY in 2007 and we hope that HRW will continue to shine in the racewalking world.

5K	Division	Time	Finish
Bobbie Thrutchley	W 70-74	42:08	6 th ribbon
Alan Poisner	M 70-74	33:37	Bronze
Fred Adams	M 70-74	34:32	6 th ribbon
Martie Lykens	W 75-79	45:35	9 th
Jean Brunnenkant	W 85-89	48:54	Gold

1500 meters	Division	Time	Finish
Bobbie Thrutchley	W 70-74	12:32.10	7 th rib.
Alan Poisner	M 70-74	8:49.97	Bronze
Fred Adams	M 70-74	9:54.30	13 th
Martie Lykens	W 75-79	12:28.06	Bronze
Jean Brunnenkant	W 85-89	13:17.04	Gold

More pictures will be on our homepage:
www.heartlandracewalkers.com



After the 5K in Pittsburgh (second one):
 Fred, Alan, Jean, Bobbie and Martie.