



Heartland Racewalkers Intervals

A Sometimes Weekly Newsletter-July 14, 2005

This is the 15th edition of our mini-newsletter

After a longer June monthly newsletter, we are sending out another one of our (shorter) INTERVALS. Summer sometimes bring vacation activity but always brings walking opportunities. You can get some miles in with our club at our clinics on Saturdays and other days as well. There is interval training on Tuesdays at 6:00 pm. On Wednesdays, some of our members join the WNR group (KC Track Club) at 6:15 at area homes. There are also group run/walks on Mondays, Thursdays and Sundays. Check with the editor.

Monthly meetings: Our July meeting was supposed to feature Mike Farmer, owner of The Sports Medicine Store. However, he had to postpone his appearance due to the funeral of a friend. His talk will now be held at our August meeting (Aug. 6). At the July meeting prizes were awarded for points accumulated in the first 6 months of the year. The top point winner was Floyd Delon (44 points). Congratulations to Floyd for his service to and promotion of the club. Those who garnered 20-30 points were: Al&Peg Armstrong, Carole Price, Phil Jacobs, Sarah Justice, Pam Felton, Ann&Jim Bammer. 15-28 points: Cliff&June DeWitt, Tom Oakes, Tomasz Taubert and Mike Sharp. Others who attended the meeting also received prizes. The next period with awards will end with our annual holiday party in December. For questions about the program, check with Alan.

Member news: A Sun Newspaper reporter came to our club on July 2 and interviewed our Senior Olympic participants. He also took individual pictures and is preparing a feature that will appear in Johnson County and Liberty, MO Sun newspapers. Pam Felton is still recuperating from her surgery. The DeWitts recently visited Oregon. Tom Young has been on a long trip to the west coast, including his 70th high school reunion!

NEW HOME PAGE: www.heartlandracewalkers.com/ has links to past newsletters and other information. There are updated news, pictures and results, including pictures from the Senior Olympics. Check it out. Extra points will be given for the first to identify who is doing the coaching at the 5K in the pictures at Senior Olympics (those attending event are not eligible).

Weekly hints: As a continuing feature we have listed websites in our newsletter with helpful hints and useful information. This week we feature one site on racewalking shoes from Jeff Salvage: <http://www.racewalk.com/Shoes/Introduction.asp>. We also have other information on shoes that we have sent out periodically. Let the editor know if you would like more information on shoes or other topics.

Elite youth racewalking camp in Maine: 22 youth racewalkers from around the country attended a camp in Maine the first week in July run by Tom Eastler and the Maine USATF. Our club was one of the financial supporters of this effort that hopes to produce the next generation of national class walkers.

Race Results

June 19: Beat the Heat 5K: Sue Knapp and Amy Christensen took the top places for women and Ray Gabel & Floyd Delon were our top male walkers. This is one of the few races with racewalking divisions. Carla MacMillan and Alan Poisner worked the finish line.

June 24-25: Mo Senior Games (Columbia): Fred Adams took Gold Medals in both the 1500 meters and 5K races. Great going, Fred.

July 4: Lenexa Freedom Run 5K: Alan Poisner, Cliff Hunter and Floyd Delon completed this popular race. There was no racewalking division but our troops beat a number of runners in their age divisions.

Results of all of the above races are posted on our homepage www.heartlandracewalkers.com

Upcoming Races (July-August-September)

RACES WITH RACEWALKING DIVISIONS. We should support these races as first priority. In addition, there are many other races in the metro area that walkers may enter for the experience.

For further information, contact Alan.

July 17: \$10-miler at Roe Park (Rusty Collins is sponsor) 7:00 am. Good for the long distance walkers.

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

Aug. 20: FLAG Run 5K; Prairie Life Center (103rd east of Metcalf). 7:00 am

Aug. 21: Stroke Stroll 4-miles; Leawood elementary school (near 123rd St. Line). 7:00 am

NOTE: You can register for either of the races at active.com or use forms available at sports stores.

Please enter one of both of these 7:00 am races so that the sponsors will continue to offer racewalks.

Aug. 26-27: Portland to Coast Relay (128 miles): Carol Goslin & Alan Poisner on a fast team.

SPECIAL EVENT:

Sept. 18: Kansas City Senior Games: 1500-meter walk at Bishop Miege High School. We need to support this first time event. We need walkers and volunteers. Put it on your calendar.



**Who is this racewalker wearing an umbrella?
(more extra points)**