



## Heartland Racewalkers Intervals

A Sometimes Weekly Newsletter-Sept. 1, 2005

This is the 16<sup>th</sup> edition of our mini-newsletter

This SPECIAL EDITION of INTERVALS is devoted to three recent races and the program for the coming meeting: Saturday, Sept. 3: 8:00 clinic; 9:00 meeting. John Anderson will describe the [Pike's Peak half-marathon](#) and Alan Poisner will describe the [Portland to Coast Relay](#) that just concluded. In addition to the usual refreshments, there will also be awards given out for walkers who participated in the FLAG Run and the Stroke Stroll.

Results of all of the above races are posted on our homepage [www.heartlandracewalkers.com](http://www.heartlandracewalkers.com)

### FLAG RUN 5K

Aug. 20, 2005

	Male			Female	
1	John Slate	29:47	1	Sue Knapp	38:57
2	Fred Adams	36:02	2	Amy Christensen	41:40
3	Cliff Hunter	41:44	3	Juli Haller	42:56
4	Tom Young	50:03	4	Martie Lykens	46:20



As is customary, the roads and trail were wet but our hardy pedestrians splashed through the 5K and some even won awards in the running division.

Martie, Fred, Amy, John, Sue, Juli, Sarah, Cliff

The guy in the back with the white shirt, orange face and sunglasses wants to join our club.

**STROKE STROLL 4-MILER**  
**Aug. 21, 2005**

	Male			Female	
1	John Slate	42:51	1	BJ Thornburg	50:43
2	Floyd Delon	63:27	2	Amy Christensen	53:59
			3	Bonnie Downs	54:01
			4	Carole Price	60:23
			5	Sarah Justice	63:04
			6	Jean Brunnenkant	63:41
			7	Bev Sherwood	69:18



A new course greeted our walkers on a sunny day. The 4-mile course started near 123<sup>rd</sup> and State Line. This was a fun event with treats and entertainment afterwards.  
BJ, Jean, Floyd, Amy, Sarah

---

**REMINDER: SPECIAL EVENT: Sept. 18: Kansas City Senior Games: 1500-meter walk at Bishop Miege High School t 10:00 am. We need to support this first time event. We need walkers AND volunteers. Put it on your calendar. Check with Alan.**

## PORTLAND TO COAST RELAY (128 MILES) Aug. 26-27, 2005

This year HRW had two walkers on a team in the large Hood to Coast weekend that included 1,000 running teams that started from Mt. Hood and 315 walking teams that started in Portland, OR and ended in Seaside on the coast. Each team had 12 walkers divided into two vans. Each walker did two legs (each about 4-8 miles) and they were separated by about 11-12 hours. Carol Goslin and Alan Poisner were members of Team [RWNW Portland to Chaos](#). This was in the Mixed Masters Division (men and women 40+ years). After winding their way through the mountains to the coast, their team came in first not only in their division but first overall. That means that they passed all of the other 314 teams, some of which had started 6 hours earlier. Groups of 10-12 walkers left Portland beginning at 4:00 am and then every 15 minutes afterwards until the last group (the fastest one) left at 10:00 am on Friday. Alan was the leadoff walker for the team (and also did the 13<sup>th</sup> leg); Carole did the 3<sup>rd</sup> and 15<sup>th</sup> legs. The latter legs were done at night and the walkers used headlight to see the road, finishing finally at 8:46 am Saturday morning. Carol and Alan were really excited to be on a team with such great walkers (6 men and 6 women) and also to have their team come in first. Some of the results are shown below.

<u>NO.</u>	<u>NAME</u>	<u>CITY &amp; STATE</u>	<u>TIME</u>	<u>DIV</u>	<u>OVERALL</u>	<u>PACE</u>
1.	<a href="#">RWNW Portland To Chaos</a>	Portland, OR	22:46:34	1/12	1/315	10:43
2.	Street Walkers	Oregon City, OR	22:54:29	1/126	2/315	10:47
3.	The Quad Squad	Boise, ID	23:18:10	2/126	3/315	10:58
4.	Nike Women In Black	Portland, OR	23:24:11	3/126	4/315	11:01
314.	Graceful Soles	Vancouver, WA	34:23:49	122/122	314/315	16:11
315.	Sassy Survivors	Beaverton, OR	36:59:16	26/26	315/315	17:24



Alan leads of on the first leg



Carol speeds along on leg 3