



Heartland Racewalkers Intervals

A Sometimes Weekly Newsletter-Dec. 19, 2005

This is the 17th edition of our mini-newsletter

This is the year-end edition of INTERVALS with a review of activities since the October Newsletter. Much has happened since November and December have passed beneath our feet, HRW members have been in a number of races, we have had had visitors and also taken part in outreach clinics. The winter weather has made it more of a challenge to walk outdoors but we still have the opportunity to walk on the indoor track at Fitness Plus More at our Saturday morning clinics. Some members use treadmills at home or at clubs. Check with us for information on winter walking, including walking with the WNR group sponsored by the KC Track club.

Monthly meetings: Our November meeting, Jean Brunnenkant gave lots of good tips about footwork (useful words from a master). Martie Lykens told us about her trip to Scandinavia and showed some beautiful pictures. Our Jan. 7 meeting will feature more video instruction on racewalking from Jeff Salvage. **NOTE: Special New Year Days Walk (non-competitive) will be at 10:00 am at Roe Park (30 min followed by breakfast at 1st Watch).**

On Dec. 3, 28 of our members attended our annual holiday party at Alan's home. They were treated to a great potluck breakfast/brunch. Thanks to all who brought goodies and especially to Amy Christensen and Peg Armstrong for handling the food and eating arrangements (and Roselle Poisner for expert assistance). Awards were given to members who had attained different levels in our point system. Top achievers, Jean Brunnenkant and Floyd Delon, both accumulated 44 points and received new long-sleeve shirts and a \$25 raffle ticket to a \$500 gold coin sponsored by the North American Racewalking Institute. Special "Newcomers of the Year" awards (club jackets) were given to Julie Haller and BJ Thornburg for their outstanding contributions to club activities. Those with more than 30 points included Fred Adams, Sarah Justice, Moe Lago, Amy Christensen and Martie Lykens. All those attending received regular awards and/or door prizes. Some prizes were generously contributed by Rusty Collins at Metro Walk and Run. We still get 10% discounts as members when patronizing Metro Walk and Run at the Sports Medicine Store at 95th & Metcalf or Gary Gribbles Running Stores. The next period for accumulating points will be the first 6 months of 2006.

Elections results: President: Alan Poisner (11th year and still running on a platform of continuous doubling of salary); Vice-President: Amy Christensen; Secretary: Sarah Justice; Treasurer: Fred Adams. Alan thanked the previous officers and board for their service to the club. A new board member is Tom Oakes. Others who are interested in serving on the board should contact Alan.

Member news: Trudy Nepstad has made a good recovery from her ankle injury and once again showed her scarves at holiday party. New members in November and December include Rnee Stevenson and Ruth and Forrest Weddle (welcome). 2006 MEMBERSHIP RENEWALS ARE DUE NOW. If your name is not on the following list of those who have submitted the application form AND dues, please send or bring in your application. Fred Adams, Jean Brunnenkant, Floyd Delon, Carol Goslin, Julie Haller, Sarah Justice, Eileen McManus, Alan Poisner (sustaining), Renee Stevenson, Ruth & Forrest Weddle (new), Mike Wiggins, Tom Young.

Outreach clinics: Alan made a presentation at the clinic for new runners organized by Lou Joline at Gary Gribbles Running Store on Ward Parkway. He also held a repeat clinic together with Lori Bainter at the Washington elementary school in Olathe for school teachers and staff. They have requested another one in the Spring. Alan will present a racewalking clinic for elementary school PE teachers in the Blue Valley district on Jan. 3rd. We hope to initiate a program for the kids similar to the one that Fred and Alan conducted for the Glendale School in Independence.

Visitors: We reported on the visit and clinic that elite masters racewalker Carolyn Kealty presented to our club in our last newsletter. After her visit, she returned to Florida and took first place in the National Masters 20K race on Nov. 13. Congratulations, Carolyn, On Nov. 30, Debbi Lawrence made a quick visit to our area and made several presentations. Debbi and Don Lawrence introduced our sport to the area when they lived here in the late 80's and were based at our fitness center (then called Health Plus). Debbi later represented the U.S. in three different Olympic Games and she moved to Kenosha, WI when they left here in 1989 to continue her training. She gave

talks to two elementary schools and to a group of fitness walkers at Johnson County Community College. 9 of our members were able to attend her clinic at JCCC and picked up some good tips. Her presentation resulted in Ruth and Forrest Weddle joining our club. Also, her presentation to the Oakhill Elementary School in the Blue Valley district opened up the communication between Alan and the school PE teacher that has led to the upcoming clinic on Jan. 3 mentioned above. Thank you again, Debbi and Don.

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 and other races.. Another way to get news and pictures is by clicking on or copying and pasting www.hrwalkers.keepandshare.com into your browser. This site is still being developed and is an easier way to view pictures. Feedback on both sites is welcome.

Weekly hints: As a continuing feature of our newsletters, we have listed websites with helpful hints and useful information. This week we provide a link to some history of racewalking from Phil Howell NARWF:<http://www.philsport.com/narf/c1ovehis.htm> We have links to shoes, nutrition, race preparation, hydration and other topics. Let us know what subjects you would like covered.



**Cliffhanger: Front-Alan-Eileen-Martie
Back row: Floyd-Tom-Jean**



Annual Party: Trudy shows her hands

Race Results

Nov. 6: Cliffhanger 5K.

Male

Place	Name	Time	Division
1	John Slate	29:46.09	9
2	Alan Poisner	33:53.13	2
3	Moe Lago	39:56.97	3
4	Tom Young	47:12.61	1
5	Floyd Delon	48:02.57	1

Female

Place	Name	Time	Division
1	Eileen McManus	33:28.49	5
2	Virginia Harmer	34:07.92	7
3	Kiara Bunton	38:47.01	2
4	Juli Williams	44:54.26	7
5	Martie Lykens	45:44.75	1
6	Jean Brunnenkant	50:49.57	1

Gobbler Grind, November 20, 2005

Half-Marathon (13.1 miles) Overland Park, Kansas

Place	Name	Time	Pace
1-M	Alan Poisner	2h 41m	12:17
1-F	Virginia Harmer	2h 41m	12:17
2-F	Susan Rico-Ahrens	2h 46m	12:40
3-F	Lisa Ousley	2h 51m	13:03
3-F	Jane Smeltzer	2h 51m	13:03

Race to Feed Hungry 10K, Nov. 24, 2005

(Thanksgiving), Sacramento, California

Place	Name	Age Group	Time	Pace
3rd	Alan Poisner	70-74	69:16	11:09

Jingle Bell Run 5K, Dec. 11, 2005

Johnson County Community College

Place	Name	Time
1st Male	Floyd Delon	47:35
1 st Female	Sarah Justice	47:30

Results of the above races can also be found on our homepages listed above.

Future Races (no walking divisions)

Jan. 1: New Year's Day (non-competitive)-Roe Park
Jan. 30: Groundhog 5K and 10K: Hunt Midwest Cave

