

Welcome to

## Heartland Racewalkers CLUB NEWS

A Sometimes Weekly Newsletter

For the week of 5/10/04 – 5/16/04

Using a format based on that of the KC Track Club (thanks Lou Joline), we will periodically provide updates for club news in between regular newsletters. Points awarded for the best name chosen for this new communication.

**Sunday long walk/drills:** A number of members have been walking together at 8:00 on Sundays. On May 9, we did a variety of technique drills at Overland Trail Middle school (before retiring to Starbucks). None this week (AP out of town on May 15). We resume on May 22.

•**EVENT OF THE WEEK (May 13):** A fitness expo at the Hyatt Hotel arranged by Sue Knapp will feature an information table manned by HRW members Tomasz Taubert, Sarah Justice and Fed Adams. Thanks to Sue and our fellow walkers.

**The Race Calendar (with Racewalking divisions):**

June 5: Be-A-Walker predicted-time 5K: Our annual unique race and picnic. We will also be giving out awards earned in our points program. Stay tuned for further information and applications.

June 20: Beat the Heat (Village Shalom) 5K: Another race that supports and needs support from racewalkers

June 25-26: Missouri Senior Olympics (Columbia): Friday night 1500 meters; Saturday 5K

June 27: Tarmac 8K (downtown Airport): BJ the DJ once again provides a racewalking division

Aug. 22: Stroke Stroll 4 miles (Kansas Speedway): A new race that supports racewalking.

**New Members:** We welcome the following who have joined/rejoined HRW in the last 2 weeks:

Charlotte Adelsperger (welcome back Charlotte)

Jake and Mary Fowler (both have already joined our Sunday morning walks)

Chuck and June Pugh (recruited by Sandra Burbank)

Jane Smeltzer (member of KC Express & regular at WNR-see below)

**Wednesday Night Run (WNR): 6:15 PM; 3, 5 or 6 miles**

This is hosted by the KC Track Club and a number of HRW members have been walking at these pot-luck get-togethers. Contact Amy Christensen, Janet Smeltzer, Eileen McManus or Alan Poisner who have walked these. see <http://www.bulletinboards.com/view.cfm?comcode=kctc&cat=1>

**World Cup US Team racewalk results-Naumberg, Germany-May 1-2:** 20K (M): Team - 9/20. Kevin Eastler 26th overall 1:22:51, followed by Tim Seaman, Curt Clausen, John Nunn. (W) Team -14/16. Deb Huberty 65th in 1:41:59, followed by Sam Cohen, Margaret Ditchburn, Susan Armenta. 10K (M): Team - 15/15. Zach Pollinger 48<sup>th</sup> in 49:06, followed by Troy Clark and Joe Trapani. 10K (W) Team - 14/16. Maria Michta 29th in 53:04, followed by Erica Adams and Cathy Hayes.

**VIDEOS:** If you have borrowed club videos, please return them so others can check them out.

**Birthdays this week:** May 16: Phil Jacobs

Send comments or content to [apoisner@kumc.edu](mailto:apoisner@kumc.edu). Thanks.