

# Heartland Racewalkers Intervals

A Sometimes Weekly Newsletter

For the week of 07/25/04-07/31/04

This is the fifth edition of our mini-newsletter. We've had lots of activities and races this summer (see below). We are awaiting news about the future of the Fitness Center when Health Plus terminates its lease (stay tuned).

**June 25-26: Missouri Senior Olympics (Columbia): HRW men walked away with most of the awards: (nice going).  
1500 Meters**

60-64 Male	2	Cliff DeWitt, Independence	9:43
65-69 Male	1	Alan Poisner, Overland Park, KS	9:04
70-74 Male	1	Fred Adams, Liberty	9:54
	5	Donald Swegel, Kansas City, KS	12:36
85-89 Male	1	Thomas Young, Overland Park, KS	13:10
		<b>5K</b>	
60-64 Male	2	Cliff DeWitt, Independence	34:10
70-74 Male	1	Fred Adams, Liberty	34:12
	3	Donald Swegel, Kansas City, KS	44:10
85-89 Male	1	Thomas Young, Overland Park, KS	44:27

**June 26: Run the Good Race 5K (KC, KS):** This extremely hilly course found **Bobbie Thutchley** and **Ann Lento** accepting the challenge. Bobbie took first in her age division. Congratulations to both for a great effort.

**June 27: Tarmac 8K (downtown Airport):** **Lori Bainter-R** and **Alan Poisner** returned for the race but only did one lap around the airport this year. BJ the DJ gave his usual strong support for racewalking.

**July 11: Oregon State Games 5K Walk-Gresham, OR:** **Alan** was in Portland visiting his son and found time to enter the state games (thanks to some good fiends in Racewalkers Northwest, a very friendly club. With some good strategy he managed to take first in his age division on the track at Mt. Hood Community College in 32'12"

**June 24 Sunflower Games (Topeka):** **Tomasz Taubert, Bobbie Thutchley, Amy Christensen & Alan Poisner** drove to Topeka only to find that all Track & Field events were cancelled! Wait until next year!

**July 24&25: Show Me Games (Columbia):** **Fred Adams** escaped the rain and won two Gold Medals (9'51" and 35'45").

Please send race results that we may have missed to the editor.

**Sunday long walks/drills:** We are still doing Sunday morning group walks (4-6 miles) at 8:00 when there is not a racewalk the same day. Some have included drills or intervals. We are also starting to do training for the Gobbler Grind half-marathon and 5K in November. If you are interested in either of these, contact Alan.

**Midweek walks:** Two options are available for those wanting midweek group walks. On **Wednesdays at 6:15** a number of HRW members walk with the KC Track club WNR group at various locations in the metro area (followed by potluck eating). For information on locations, see: <http://www.bulletinboards.com/view.cfm?comcode=kctc&ca=1>  
**Thursdays at 6:30:** We have resumed these walks beginning at Health Plus. We have gone to Shawnee Mission South for some track workouts and walk about 60-90 min depending on each walker's wishes. For information, contact Alan.

**Member news:** Please send information on your trips and other activities to: [apoisner@kumc.edu](mailto:apoisner@kumc.edu)

Best wishes to **Rochelle Mueller, Ray Gabel** and **Pam Felton** at the Transplant Games in Minneapolis. We've missed **Floyd Delon** at recent meetings and he is now healing after some minor surgery.

**Point System:** A number of awards were handed out at the Be-A-Walker on June 5 to members achieving different point levels. A few members may not have received their awards and should contact Alan if they did not obtain their award: **Kim Holmes, Elahea Afzali, Ann Lento, Av Rosen, and Candy Lord.**

**Next Monthly Meeting-Aug. 7:** We will show videos of club members racewalking. Also **Pamela Felton, Rochelle Mueller** and **Ray Gabel** will tell us about their experience at the National Transplant Games.

## **The Race Calendar (races with Racewalking divisions)**

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

**Please put this new race on your calendar.**

**Aug. 28: FLAG Run (5K): Once again this race will host a racewalking division and have chips as last year. This starts early (7 am) at Prairie Life Center and you can get to Health Plus afterwards to show off your medals (entry forms at club).**

**Sept. 26: Kansas Senior Olympics (Topeka): 1500 meters and 5K. We should have a good group of walkers. Contact Alan if you need forms.**

**Oct. 24: Blue Springs Marathon Relay (HRW will have at least 3 teams)**

**Nov. 21: Gobbler Grind Half-Marathon and 5K**