



HEARTLAND FOOTBEATS April 27, 2005

Heartland Racewalkers Club

USATF Club Mo. Valley #1019
P.O. Box 11141, Shawnee Mission, KS 66207

Home Page:

<http://www.heartlandracewalkers.com>

Bulletin Board:

<http://www.bulletinboards.com/view.cfm?comcode=>

NEWS FROM THE PREZ

This is the third monthly newsletter of 2005.

There still are beginning to be more races in the area with racewalking divisions. See the list at the end of the newsletter.

Our **April meeting** featured Dr. Anthony Phillips, a sports chiropractor, who discussed injury prevention. As usual, he gave an excellent presentation and answered a host of questions. He also handed out some material on shoes body alignment. There were a few extra left over for those who could not be there.

Our **May meeting** (see box to the right) will feature more information from Jeff Salvage's "Racewalk Like a Champion", including training tips for 5K races.

Member News

We're happy to report that **Don Swegel** is still recuperating well and has come to several of our weekly meetings. He is also picking up on his horseshoe pitching skills. Our membership is now 47 and should pick up more as the weather warms up.

Cliff and June DeWitt have come back from their winter in Texas with some sunburn and success in local racewalks. Cliff took first place in the one-mile racewalk in McAllen, TX. He claims to have worn a club shirt (he'll get the extra points even without a picture).

Club Officers

President – Alan Poisner
Vice President – Peggy Armstrong
Secretary – Sarah Justice
Treasurer & Clinic Director – Fred Adams
Historian – Jean Brunnenkant
Newsletter Editor – Alan Poisner

Clinic Times: Saturdays at 8:00 AM at Fitness Plus More-107th & Roe; Thursdays at 6:30 PM- (contact Alan before);

Monthly Meetings: First Saturday of each month after clinic (except otherwise noted-see below).

May Meeting: 9:00 am-May 7

How to train for a 5K: We will view another portion of Jeff Salvage's DVD that includes training programs. You can come at 9:00 or also just mosey on downstairs after our usual clinic for refreshments and other good stuff.

Rochelle Mueller recently won the Shirley Melton Transplant Patient of the Year Award from the National Kidney Foundation. The award is based on living life to the fullest despite a life threatening illness. Criteria include working with the healthcare team, managing medication and taking good care of yourself through diet and exercise. The criteria also include compassion and helping others as well as and community projects giving back to the community through work, family, volunteerism.

One of Rochelle's projects is handmaking teddy bears that include a tiny pink kidney and a tag with her name and the date of her transplant. She gives all proceeds to a local transplant fund to help others financially with transplant expenses.

We are very proud of Rochelle.



Rochelle Mueller with her award

Biographical sketch: Periodically we present brief bio-sketches of members. This month we continue with a review of our club officers. Our last newsletter featured our Vice-President, **Peg Armstrong**. This month we feature our Secretary, **Sarah Justice**. Sarah has been a very loyal member of HRW, often volunteering for our races as well as keeping our minutes from board meetings.

Name: **Sarah Deloris Justice**

Place of birth: **Bethesda, Maryland**

Place of upbringing & schools: **Kansas City - Northeast Johnson County**

KU- BGS - Liberal Arts; Saint Mary College - now University - MSM - Management

Current employment: **Suburban Lawn and Garden – Corp HQ - Seasonal work**

Family: **Father, Brother , Aunts, Uncles & Cousins**

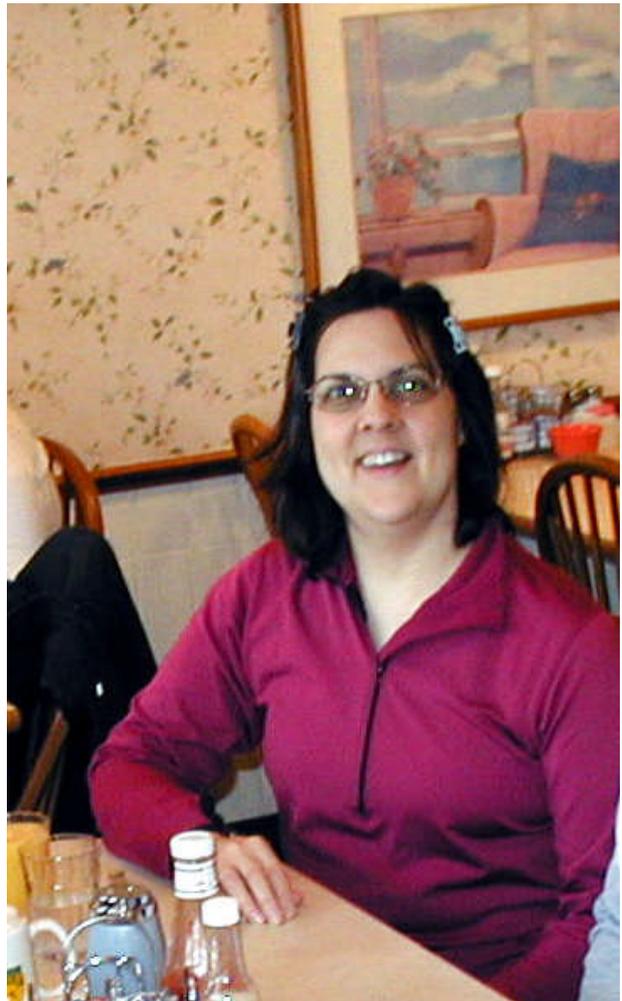
Years of walking: **Years of Race-Walking – 3+**

How you found out about Heartland Racewalkers: **Presentation given by Alan Poisner**

Reasons for racewalking: **Improve my Core Balance, Increasing Muscle Tone Increase Happiness**

Future goals and accomplishments so far: **Improve my form and Increase my endurance**

Other information: **Love working Cryptoquips and other word puzzles , the Nelson and Kemper Art Galleries, Jazz Music , NPR (National Public Radio).**



Sarah Justice-Club Secretary

Homepage: We continue to update our new homepage: www.heartlandracewalkers.com. You will find more pictures and older newsletters, as well as links and club news. We will continue to include questions with prizes for answers. So keep up to date.

Midweek Clinic: We still can walk at Health Plus on Thursdays at 6:30 pm. If you want organized walking and stretching, please contact Alan before attending. A number of our members also walk at 6:15 on Wednesdays with the KC Track Club. When the weather improves we will resume our longer walks on Saturdays and Sundays. Check with Alan if you would like to participate in any of these opportunities.

Bonus Biographical sketch: This issue features an extra bio-sketch of one our newer members, **Mike Sharp**, who was one of the earliest and fastest racewalkers in the Kansas City area and belonged to the original Kansas City Walkers.

Name: **Mike Sharp**

Place of birth: **Kansas City**

Place of upbringing & schools attended: **Shawnee Mission East. University of Kansas; University of Oregon; Ottawa University**

Employment: **Reference Librarian- Black&Veatch**

Family: **Wife, Betty, Kids (basset hounds and cat) Scooby, Walter, Maggie Mae and Lollypop**

Reasons for racewalking: **To get fit and compete**

Future goals: **Walk a competitive 50k**

Mike has described how he began his racewalking career. I actually got interested in racewalking when I was recovering from an accident. Someone gave me a copy of the September 1981 Runner's World while I was in the hospital and there was a feature story on racewalking. In 1982 I got in touch with a Jr. National Champion from Kansas City, John Craighead and he taught me how to racewalk. I continued running for a few more years. I was sponsored by Phiddipides and Nike in 1983-1984. I ran 31:28 10k and 14:47 5k and a 4:16 mile. In the Fall of 1985 I had a heart problem, mitral-valve prolapse and had problems when I ran. I didn't have the problem when I racewalked though.

In 1984, I racewalked my first race, a 52:00 10k and Don and Debbi were using it as a training race. I didn't know them or didn't know that they were also walking the race but that is how we met.

There was a feature story in the Star about them soon afterward and I met up with them at Health Plus. I walked with them for a few years. In 1985 I won St. Pats racewalk division and in 1986 I placed second. (I had won St. Pats running in 1983). I raced an AAU meet 5000m in 1987 and lost to Lonnie Becker, who was a Jr. National Champion. In 1986 I walked a 1:44 20k.

In 1986 I raced in the novice division at the Nationals here in KC. I lost by ten feet after leading the entire way. I didn't find out until five hours later that the first place winner was DQd and I had won after all. I was frustrated after that. I also continued to have shoulder problems. Anything faster than a 9min pace, my my shoulder would subluxate. The last race that I walked was in 1996 in Paola. I had cervical vertigo since 1990 and after 1996 I had many more problems with traumatic arthritis. I had surgeries in 1988, 1992, 1995, 1999 and 2003 on my knee, shoulder, neck and hand reconstruction.

Ed's note: Mike has persevered in the face of much adversity-a very impressive fellow.



Mike Sharp

Internet Sites of the Month: As a continuing feature of our newsletter, we periodically list some internet sites that have information of interest to racewalkers, such as shoes, training programs, nutrition, exercise equipment, clothes, etc. This week we feature prevention and treatment of shin splints: If you have the Word version on the screen, you can just double click to view the topics.

How to prevent and treat shin splints

<http://walking.about.com/cs/medleg/ht/htshinsplints.htm>

Heel pain and plantar fasciitis

<http://walking.about.com/cs/heelpain/f/heelpain.htm?nl=1>

2005 Memberships: Renewals are due now and if you have not yet sent in your forms or money, please bring or send them now. Newsletter only membership is just \$10; membership with a short-sleeve shirt is \$15 and \$20 with a long-sleeve shirt. A sustaining membership (together with either type of shirt) is \$25. Your support helps keep racewalking alive in the Kansas City area.

Future races: Below is a list of **races with racewalking divisions**. In addition, there are many other races in the metro area that walkers may enter for the experience. For further information, contact Alan.

May 15: Parkinson's 5K Race: Leawood City Park

May 29: Half-marathon & 10K: Arrowhead Stadium

June 4: Be-A-Walker predicted time-5K (annual club race and picnic) – put this on your calendar.

June 13-15: National Senior Olympics: Pittsburgh

June 17-18: USATF Missouri Valley Track and Field Championships -Topeka

June 19: Beat the Heat 5K; Overland Park

June 24-25: Mo Senior Olympics (Columbia)

July 17: \$10-miler: Arrowhead stadium, KC, MO

July 23: Sunflower Games: Topeka 5K

Aug. 26-27: Portland to Coast Walk: HRW has two walkers in this 128-mile relay

Aug. 27: FLAG Run; 5K-Overland Park

Sept 18: Kansas City Sr Olympics: 1500-meter walk-Bishop Miege (please put this on your calendar)

Oct. 15: Monster Dash: 5K-Kansas Speedway

