



Heartland Racewalkers Intervals

A Sometimes Weekly Newsletter-Jan. 5, 2006

This is the 18th edition of our mini-newsletter

This is the 2006 inaugural edition of INTERVALS. We look forward to a great year ahead for Heartland Racewalkers,

Monthly meetings: **Our Jan. 7 meeting** will feature part 2 of Jeff Salvage's video: Racewalk like a Champion. This a good chance to reconnect with HRW, renew you membership if not already done, pick up a new short or long-sleeve shirt and get some tips on racewalking. If you cannot make our usual 8:00 clinic, come on by for the meeting at 9:00 (downstairs in the front room).

Dec. 31 clinic: Jean Brunnenkant once again gave us some great walking advice and led us through some drills to improve our foot speed and efficiency.

New Year's Day walk: We had a great turnout for this annual fun event (30 min followed by breakfast at First Watch in Prairie Village). We started along with about 100 runners supported by the KC Track Club. Those attending both the walk and breakfast were: Amy Christensen, Tom Young, Pamela Felton, Alan Poisner, Tom & Patty Zinchuk, Tom Oakes (and Barbara), Julie Haller, Peg & Al Armstrong, Floyd Delon, Sarah Justice, and Moe Lago. Also doing he walk were Eileen McManus and Bobbie Thrutchley.

Member news: Great news: Tom and Patty Zinchuk have rejoined HRW and jumped right in with a clinic on Dec. 31 and the New Year's Day walk the next day. More great news: Lori Bainter-Ratzlaff introduced Alana Michelle Ratzlaff to the world on Jan. 4 (8 lbs 5 oz). Mother and daughter doing well. Trudy Nepstad has recovered from her leg injury and is back walking. She is headed to Timbuktu! Patty Illing has also recovered from her injury and is back on the trails.

Condolences to Fred and Sherry Adams on the passing of Sherry's mom Dec. 31. Floyd Delon has sailed off on a cruise to Hawaii and should bring us back some warm weather in a few.

Weekly hints: Links to treadmill walking:
www.walking.about.com/od/treadmillworkouts/

It is a good idea to keep track of your walks.
www.davidhays.net/running/runlog/runlog.html

Outreach clinic to Blue Valley PE teachers: On Jan. 3, Alan Poisner, Fred Adams and Sarah Justice talked to 17 PE teachers at Blue Valley Northwest High School. They talked about racewalking, showed a video from the North American Racewalking Institute, and conducted some practice drills in the gym. We hope to get some of the students involved in fitness walking as we did with the kids at the Glendale school in Independence. Thanks to Betty Lavery and Denise Andrews from the Blue Valley district.

2006 MEMBERSHIP RENEWALS ARE DUE NOW. If you have not signed a 2006 form or paid your dues, please do so now (there has been no increase since the club was started (1989)-what a bargain.

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 www.hrwalkers.keepandshare.com or copying it into your browser. This site is still being developed and is an easy way to view pictures. Feedback is welcome.

Future Races (no walking division)

Jan. 30: Groundhog 5K and 10K: Hunt Midwest Cave. Sign up soon as they limit the entries.

March 19: Brew to Brew Relay. We hope to have two teams for this 43.5 mile event. Please let Alan know as soon as possible if you would like to be on a team or have any questions.

Point system: Now is the time to start accumulating points by participating in club events. For example, 8 points are awarded for sponsoring a new member. For information, contact Alan.

Have a good January!