

Heartland Racewalkers Intervals

A Sometimes Weekly Newsletter-Nov. 23, 2004

This is the 11th edition of our mini-newsletter-a special edition to cover recent and coming events.

Gobbler Grind 5K and Half-Marathon: Nov. 21: This year Metro Walk and Run offered a racewalking division, thanks to organizer **Rusty Collins**. Although a couple of our members had to cancel because of physical problems, we had a good turnout of 12 walkers on a very cold day. The 5K walkers actually won awards in the running division: **Fred Adams**: 1st in the 70+ division; **Cliff DeWitt**: 2nd in the 60-69; **Patty Illing**: 1st in the 50-59; **Pamela Felton**: 2nd in the 60-69; and **Carole Price**: 1st in the 70+ (see table below).

The half-marathon walkers started at 7:00 am (before the runners and the 5K racers). Leading the way were **Eileen McManus** and **Alan Poisner** (finishing in 2h 45m). About a minute behind were **Lisa Ousley** and **Jane Smeltzer**. Then, finishing her first half-marathon, came **Amy Christensen**-congratulations **Amy**. **Lauriann Lund** and **Kathy Cairnes** also completed the 13.1 mile walk (they are veteran distance walkers).

Most of the walkers did not stick around for the awards (too cold) but Alan will collect medals for distribution at our holiday party (see below). Congratulations to all of our walkers.



Alan and Eileen-happy to be finished with 13.1 miles

Annual Holiday Party-Dec. 4: This year our party will be at Peg & Al Armstrong's home, 4316 W. 110th St., about 3 minutes away from the club. We will have our usual clinic at 8:00 and then drive to the party about 9:00. Map location at: <http://www.mapquest.com/maps/map.adp?country=US&countryid=US&addtohistory=&searchtab=address&searchtype=address&address=4316+W.+110th+Street&city=leawood&state=KS&zipcode=66211&search=++Search++>

Directions from Fitness Center: **You can come directly to the party if you cannot attend the clinic.**

<http://www.mapquest.com/directions/main.adp?do=rev&mo=ma&un=m&go=1&1a=4316%20W%20110th%20St&1c=Leawood&1g=vnNpqK%2fE24k%3d&2a=4500%20W%20107th%20St&2tabval=address&1l=njz5NEqeEC4%3d&2c=Overland%20Park&1n=JOHNSON%20COUNTY&cl=EN&2g=C1erCISz3To%3d&1s=KS&2i=%2bjK1x4iYAuk%3d&ct=NA&1v=ADDRESS&2n=JOHNSON%20COUNTY&1y=US&1tabval=address&1z=66211%2d1425&2s=KS&2v=ADDRESS&did=1101240209&2y=US&2z=66207%2d4025> .

If you want to bring any refreshments, please contact Peggy at: 913-491-1248 (mea_rn@yahoo.com)

This is the one time of year that we can get together to socialize, meet one another, share in the champagne that we won at the Blue Springs marathon relay, and collect awards earned in our point system program. **PLEASE RSVP** by Nov. 30th to **Alan** (apoisner@kumc.edu) AND **Peggy**. Space may be limited and we need to know how much food to get.

Midweek and weekend long distance training: If you would like to get in an hour workout on Wednesdays (6:15) or Thursdays (6:30) contact Alan. Wednesdays are with the KC Track Clubs WNR; and Thursdays will be at our club-only if enough walkers express interest. These will emphasize drills. Longer walks on Saturdays or Sundays can also be arranged.

Upcoming Races

Dec. 5: Jingle Bell Run: This annual 5K, held at 9:00 at Johnson County Community College, will have awards for racewalkers (although not listed on the entry form). This race benefits the Arthritis Foundation. You can get an entry form at sports stores or register online at http://www.active.com/event_detail.cfm?event_id=1171714 Please consider entering (and wearing a club shirt or cap) or volunteering.

Jan 1: New Year's day walk: This non-competitive event is held in conjunction with the KC Track Club at Roe Park. The main attraction for many is the breakfast that we have afterwards at First Watch.

HAVE A GOOD THANKSGIVING.

5K Results: Gobbler Grind (running division)

Female	50-59	
1	Patty Illing	40'33"
Female	60-69	
2	Pamela Felton	43'22"
Female	70 +	
2	Carole Price	45'56"
Male	60-69	
2	Cliff DeWitt	27'00"
Male	70 +	
1	Fred Adams	35'26"