



HEARTLAND FOOTBEATS Oct. 28, 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

After several issues of our abbreviated newsletters, INTERVALS, we are delivering another regular HRW FOOTBEATS. Fall has arrived with its mixture of warm and cool weather and a host of races. Results of summer and early fall races are shown below (and posted on our home page).

Summer wrap up: At our August 6 meeting, **Mike Farmer** from the Sports Medicine Store made a detailed presentation on injury prevention and treatment. Our members receive a 10% discount on purchases at the store. Rusty Collins and Dave Maguire manage the Metro Walk & Run department at that location (95th & Metcalf).

On Sept. 3, we had a one-mile time trial so members could assess their current level of walking fitness. We will repeat these trials several times in the coming year.

At our Oct. 22 clinic, we had a mini-racewalking clinic presented by **Carolyn Kealty**, an elite masters racewalker who was in town for a wedding. We really learned a lot from Carolyn and were impressed with her speedy demo. We appreciate her generous help. Carolyn had been in town in 2004 for the World Cup Team Trials.

Member News

News from a long-distance HRW member: **Tim Titus** has retired from his job in Anchorage, Alaska and moved to Honolulu, Hawaii. He thinks that he will find

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. Weekday walks Mon, Tues & Thursday can be arranged- (contact Alan).

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

Nov. Meeting: 9:00 am-Nov. 5

Our Queen B, **Jean Brunnenkant**, will give us some tips on using our feet to get the most out of our racewalking. She knows what she is talking about with her collection of 5 Gold medals at National Senior Olympics. Also we will have a report from **Martie Lykens** about her recent trip to Norway and a report on the recent Blue Springs Marathon Relay. If you can't come at 8:00 am, just mosey on downstairs after our usual clinic for refreshments and other good stuff.

fewer moose on the trails now. **Carol Goslin** is still racking up marathons and half-marathons. Her latest include the Lewis & Clark and Chicago marathons. She is considering marathons in San Antonio and in Las Vegas this Fall. This is the year she says she is cutting down on her marathons!

We welcome new members who have joined in the last few months: **Larry Burch** (Kansas City north), **Connie Dorsey** (Kansas City, KS), **Jennifer Gallagher** (Lee's Summit, MO), **Susan Rico-Ahrens** (Lee's Summit), **Irene Strauss** (Overland Park) and **Mike Wiggins** (Hawarden, IA). We look forward to seeing them on the trails, on the track and at future races. We wish **Patty Illing** a speedy recovery from her recent biking accident and to **Carla MacMillan**, **Mike Sharp** and **Virginia Harmer** from some medical problems. We celebrated October birthdays on the 15th with a cake bearing the HRW logo.

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 month we list 3 sites with lots of general information:

North American Racewalking Foundation
www.philsport.com/narf/
 see also the Racewalking 101 for instruction

Racewalk.com
 Jeff Salvage provides useful information and products.
www.racewalk.com/defaultRW.asp

Dave McGovern's Homepage
 Links and Information on racewalking including clinics.
www.members.aol.com/rayzwocker/worldclass/homepage.htm

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. More pictures and results have been added since the last newsletter. Keep up to date.

Race Results

July 17: \$10-miler: Roe Park: **Alan** was the only one in the 70-99 division as a runner or walker and took first place with a time of 1h 56m 33s (pace-11:39).

Sept. 5: Leawood Labor Day Run (5K) (no walking division)

M 70-74 **Alan Poisner** 7/10 32:24
 M 75-79 **Cliff Hunter** 2/2 42:48

F 60-64 **Ann Lento** 10/10 58:34

Sept. 12: Head for the Cure (5K) (no walking division)

M 70-99 **Alan Poisner** 1/6 33:16

Sept 18: Kansas City Sr Olympics: 1500-meters

This was the inaugural racewalk event in the KC Senior Games and was held at the Bishop Miege High School in Mission. We thank **Chad Tower** and his colleagues from the Johnson County Parks & Recreation and the judges from Lawrence: **Mary, Steve & Robyn Lee, Cathy Vogel & Rhonda Birdsong**. Also deserving our thanks were the volunteers: **Lori Bainter-Ratzlaff, Carla MacMillan, Sarah Justice** and race director **Alan Poisner**. We were pleased that northland resident **Larry Burch** entered the race and then joined our club.

This race was also exciting because of the thunder and lightning that were in the vicinity. Next year the race may be a 5K and held at the same time as the runners' 5K in Heritage Park.

Kansas City Senior Games: 1500-meters 18 Sept. 2005-Bishop Miege High School

Men

Women

50-54			50-54		
Larry	Burch	9:07	Sue	Knapp	10:58
			Patricia	Blythe	14:44
70-74			Connie	Dorsey	17:14
Fred	Adams	9:47			
Tom	Oakes	13:15	55-59		
			Sharon	Wasson	16:43
75-79					
Floyd	Delon	14:43	65-69		
			Julie	Haller	12:46
			70-74		
			Bobbie	Thrutchley	13:22
			Carole	Price	13:55

Sept. 25: KS Senior Olympics-Topeka

It was a very warm day in Topeka when our HRW band reached Hummer Park, the new venue for track events. It was close to 90 degrees by the time of the 5K. It was so hot that a number of the walkers who entered the 1500-meter race at 11:00 chose not to do the 5K at 12:30.

1500 Meters

Walker-Women	Division	Time	Position
BJ Thornburg	60-64	11:44	1st
Julie Haller	65-69	12:30	2nd
Bobbie Thrutchley	70-74	14:52	1st
Walker-Men			
Alan Poisner	70-74	9:03	1st
Floyd Delon	75-79	14:22	1st

5K

Walker-Women	Division	Time	Position
Julie Haller	65-69	46:46:00	1st
Walker-Men			
Alan Poisner	70-74	34:36:00	1st

Special congratulations go to **BJ Thornburg** and **Julie Haller** who entered their first state games and came away with medals. **Mike Wiggins** from Iowa came to Topeka a short time after winning the National Masters 5K and 10K 55-59 division races in Hawaii. He not only broke the Kansas Senior Olympics records but also subsequently joined our club. We welcome this national champion to Heartland Racewalkers.

Oct. 1: Be-A-Walker Predicted-Time 5K Roe Park

This race was originally scheduled for June 4 but was postponed due to rain. We had great weather on Oct. 1 and a good turnout from the club. **Amy Christensen** was our top predictor, followed by **Virginia Harmer** and **Kiara Bunton**. Congratulations to all walkers.

	Walker	Diff.	Actual Time	Age Graded
1	Amy Christensen	-15	39:24	51.5%
2	Virginia Harmer	-17	34:22	68.2%
3	Kiara Bunton	+21	35:53	68.3%
3	Sue Knapp	-21	39:22	61.7%
5	Eileen McManus	-31	33:29	69.4%
6	Moe Lago	-50	41:52	58.4%
7	Julie Haller	+64	42:13	65.8%
8	BJ Thornburg	-105	40:45	53.9%
9	Floyd Delon	+116	47:36	57.0%
10	Jean Brunnenkant	-125	45:55	85.3%
11	Susan Rico-Ahrens	-154	39:26	52.2%
12	Pam Felton	-158	48:22	54.9%
13	Tom Oakes	-169	46:41	54.7%
14	Tom Young	-257	48:35	67.3%
15	Bonnie Downs	-336	39:24	67.4%
16	Jennifer Gallagher	-471	44:39	45.4%

We thank our volunteers: **Al & Peg Armstrong, Lori Bainter-Ratzlaff, Fred Adams, Don Swegel** and race director **Alan Poisner**. **Eileen McManus** was fastest with a fine 33:39. The most note-worthy result was the 85.3% age-graded finish by **Jean Brunnenkant**. Also noteworthy: the first-time 5K by 11-year-old **Kiara Bunton**, and the first time 5K walk for **Susan Rico-Ahrens** and **Jennifer Gallagher**.

Oct. 23: Blue Springs Marathon Relay

HRW fielded two teams with some last-minute shuffling due to injury and illness. **Amy Christensen** subbed for **Virginia Harmer**, **Angela Fidler** filled in for **Jennifer Gallagher** and **Alan Poisner** did a second leg in Amy's previous spot. When the teams finished **5 hr 40 min** later, the **Pedestrian Power** team edged the **Walking Wonders** by 3 seconds. With the age- and gender-based handicaps, Pedestrian Power led by 11 minutes. The winning team received the traditional award: two bottles of champagne. Because of the last-minute changes, it was decided that both teams won and we would share the awards at our annual holiday party-as usual.

Pedestrian Power

Lauriann Lund
Bonnie Downs
Alan Poisner
Eileen McManus
Alan Poisner
Angela Fidler

Handicap-66 min

Walking Wonders

Kathy Cairnes (Captain)
Fred Adams
Moe Lago
Amy Christensen
Sue Knapp
Susan Rico-Ahrens

Handicap-55 min

Future race

Below is a list of races with racewalking divisions. There are also many other races in the metro area that walkers may enter for the experience. For further information, contact Alan. See also www.mararunning.com

Nov.6: CliffHanger 5K (features a pancake breakfast afterwards). Sign "Racewalker" on entry form. Please enter if you can.

Nov. 20: Gobbler Grind 5K and half-marathon (starts on trail near club). Long training walks available.

Dec. 11: Jingle Bell 5K run/walk (Johnson County Comm. College).

March 19: Brew to Brew Relay (advance notice so that we can field two teams in 2006). Check with Alan.

Point System as of Oct. 28: Club members have been accumulating points for activities and service that will be used for awards at our December party. A partial list is shown below. Awards are given for 15+, 30+ and 60+ points. Eight others have 10 or more points. For questions: check with Alan.

Walker	Points
Fred Adams	33
Jean Brunnenkant	31
Floyd Delon	31
Sarah Justice	29
Amy Christensen	27
Moe Lago	24
Peg Armstrong	21
Tom Oakes	21
Carole Price	21
Bev Sherwood	21
Julie Haller	19
BJ Thornburg	18
Martie Lykens	17
Tom Young	17
Susan Rico-Ahrens	16
Bobbie Thrutchley	16

Outreach clinics: Lori Bainter-Ratzlaff and Alan Poisner presented a racewalking clinic to Olathe School personnel at the Washington elementary school on Sept. 29. This is the second presentation that they have made and another is scheduled in the spring.

On Oct. 31, Alan will make a presentation to the running group that the KC Track Club holds at Gary Gribble's store in Kansas City. This will be the second group that Alan has met with. If you know of any other groups that we could meet with, please let us know.