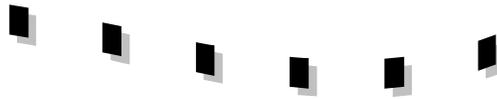




SOUTHERN CALIFORNIA

ZIP



The Newsletter of the Inland Empire
Racewalkers
P. O. Box 261, Riverside, CA 92502

The Folks Who Guide IER

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President's Message

Wow, it's already April, almost one third of the year gone! Where does the time go!? I hope you all are enjoying your Saturday walks and the many events in which IER has been participating. We have had the pleasure of having some new folks join us. I hope you've all had a chance to meet Debbie. She joined the club after seeing our booth at the Raincross 5K. She is already going to the top with the 7:00 a.m. group and doing a great job! Kathy Pryor also brought out two of her friends from work. We hope they both come back and join us again. For me this has been a difficult couple of months since I've had a leg injury and the doctor told me to rest my leg and do NO racewalking. Each time I've had to back off and rest I realize how lucky we all are when we are able to come out on Saturday and work out and enjoy the outdoors. Never take it for granted, it's a privilege for which we should all be grateful. Mayfest will soon be here! I hope you will all come out and once again show the Racewalking Community that IER hosts the best race of the year. Dave has been working hard with the city and the hotel to make sure that all of the participants feel welcome and have a great race. The mayor and at least two of the city councilmen will be joining us to help start the races. With the help of our Public Relations Officer, Susan Harris, I hope we will also get some good publicity for the event. Be sure to sign up to help out as we will all be needed to make the event a success.

I think that's about it for now.....keep walking and having a great time

Jane

Editor's Note:

We all wish the very best to Galen after his surgery and hope to see him out walking again very soon.

A few members entered some races in the past few months. Here are some highlights from the races:

PALM SPRINGS MARATHON AND 5K

FEBRUARY 12, 2012

IER DOES IT AGAIN!! The Klein and Clark Sports LLC acknowledged our group being out there again this year supporting this great event. They enjoy seeing us out there with our bright green shirts and part of this acknowledgement is the \$5.00 discount given to each member when they entered the event.

This year IER had four relay teams, four members doing the 5K and four doing the full half marathon. One special member entered the Star Ortho Bionic Division. (You needed to have a replacement of one or more joints) Jenny Dean was in this division with her knee replacement. She ended up in the first aid tent for ice and found that her pulse was 128. They made her lie down until her pulse was normal but all is well. Her Dr. said she would have been worried if her pulse hadn't been up after doing a race.

The race began at 7 AM on a beautiful morning. The 8 members (4 doing the first leg of the relay and the 4 doing the whole 1/2 marathon) were off to a great start. There were only seconds separating them at the exchange point. Janet Ellerman and Cliff Veasey were playing tag during the next 3.5 miles. Of course Cliff couldn't let Janet beat him to the exchange point and had to RUN to pass her. Great Fun.

Those doing the last leg of the relay were really putting on the speed to the finish line. Lynne was in good RACEWALKING form, Steve let his extra-long legs to the work and Yvonne was a huffing and puffing.

The results of the various IER individuals and team relays are:

5k:	Carla Davis	52:26
	Tolly Scarborough	46:24
	Patsy Sapra	45:88 (second in her age division)
	Gary Scarborough	45:02

Half Marathon:

Dr. Al Cazas	2:31	
Jane Adams	3:16	
Constance Koenig	3:16	
Jenny Dean	3:19	(third in the Bionic Division)

Relays:

2 _ gang	2:59	Jenny Dean, Cliff Veasey, Lynne Lonberg
Wranglers:	3:06	Al Lynch, Lena Barraza, Steve Ellerman
Sexy Seniors	3:08	Patti Kennedy, Ralph Hannibal, Yvonne Weber
Wild Women	3:16	Dorothy Joy, Janet Ellerman, Christine Timms (3 rd in the all-female relay)

Our official cheerleaders were Jim Joy, Galen Dean, Nancy Brinkley, Doug Adams and Grace Adams.

The official photographers were Patti Kennedy, Janet Ellerman, Susan Harris and Nancy Brinkley. We should have some good shots for 2012 "Year in review" DVD.

After the race and awards we headed for BREAKFAST at the Farm House in Banning. The EXCITEMENT of the day: the freeway was packed. Lanes 2, 3, and 4 were closed in Banning. Traffic backed up for miles. But it was a great day and everyone did great! Congratulations to all of you

Yvonne and Dorothy

Women Running Wild

The weather was beautiful despite that a big storm was forecast, and all of us did outstanding. For those of you who knew or remember Audrey Singer who is a member of IER was there and we were all so surprised to see her. We also recruited a new member. This was her first 5K and she was sold on it and wants to continue and be a member of our group. She is Simone McGrath whose husband is Kelly. She was ready to buy the club shirt but Christine didn't have any with here. But Simone will be out on Saturdays if she doesn't have to work and she made arrangements with Christine for her shirt. Greg Klein, Jody and Clark Klein also gave recognition to IER for being such great supporters of their events in Palm Springs for so many years!

Our two official cheerleaders to cheer us on were Jim Joy and Betsy! Thanks to both of you for cheering us on!

Here are the age group placing for IER:

Audrey Singer 46:44 1st place
Patti Kennedy 43:15 2nd place
Christine Timms 47:15 3rd place
Lynn Lonberg 35:48 1st place
Jim Scribner 41:20 2nd place - Men's Race Overall
Yvonne Weber 34:38 1st place
Dorothy Joy 45:06 1st place
Simone McGrath 1:03
Kelly McGrath 41:33 4th place - Men's Overall

It was a great day and we all had fun and we all cheered our IER members in. Afterwards we found a new restaurant on the way out of Palm Springs near the tram area called Rick's Diner. Excellent food, excellent service. We plan to go there after any events we happen to do in Palm Springs. If you are out there sometimes give it a try for breakfast. There is also a Rick's Diner for dinner at the place where Baker's Square used to be.

Congratulations to everyone! You all did so good and should be very proud of yourselves!
Yvonne

Women Running Wild

As there were very few men this year, it was noticeable when one man cheated some others of their rightful place. Jim Scribner noted who he is and wrote a very eloquent letter to Greg Klein of Klein and Clark:

Greg,

Three weeks ago as one of the members of the Inland Empire Racewalkers, I was pleased to participate in the Women Running Wild 5K as a racewalker. The venue was perfect and your purpose for the event is one of the best causes. I plan to enter again next year but have encountered a troubling situation - we have walkers that do some jogging on the back streets and, most importantly, have a runner who signs up as a walker and runs the entire race. He does not have a problem coming to the awards and picking up the first place walking award. I realize that unless there were many observers along the course to catch an occasional jogger, it will happen. It does happen in other than judged races. The big problem is when someone enters as a walker and then runs 8 minute miles only to take the first place award for walkers. When I started the race as a walker, I looked for other walkers. I did not see any in front of me and no one passed me. Even if Mr. Dugan was a walker, he would be a world class walker at 8 minute miles for a 70 year old. More unfortunately, this is not the only year this has happened. This cheats someone who works hard out of a well-deserved award. Greg, I realize that nothing can be done this year but hope that by next year the runners will enter your race as runners and not walkers. If you wish to contact me, please feel free to do so. Thank you for running this very worthy event and your consecration with fairness. Jim Scribner

Hi Jim,

I am very aware of Mr. Dugan and the fact that he cheats every year. I am just not sure how he does it and no one has been able to catch him. I think he hides somewhere along the course and jumps in, or he cuts the course. I am going to try next year to put a person on him from the start if we can find him. It is so silly that someone would cheat to win a \$6 award and it is not fair to those of you who actually walk the whole course. Hopefully we can catch him next year.

Greg Klein

UNDY 5000

Flo and I drove to San Diego on March 10 to participate in the UNDY 5000 - a 5K that supports the Colon Cancer Alliance. This is close to Flo's heart as she lost a dear friend to colon cancer a few years ago. It turned out to be a beautiful day and a fun event. It was a walk around the bike paths of Mission Bay and the scenery was lovely. When we signed up Flo added us to Team Turtles, a team organized by a young woman who has endured numerous surgeries for colon cancer over the past 10 years, was considered cured, then back it came. She is just recovering from her, hopefully, final surgery. Instead of T-shirts from the organizers we all received boxer shorts with the Colon Cancer logo. After lunch Flo and I went to the San Diego Zoo and she ate crickets for dessert.

St Patrick's Day Grand Prix:

On March 11, 2012 Easy Striders held their racewalk event. There was a 20K and 5K. In the 20K there were 13 participants trying to either qualify for the US Olympic trials or qualify to be on their country's Olympic team. Needless to say it was a very fast race and it was awesome to watch. I do not know how many made the times they needed. Lynne and I participated in the 5K and there were 6 ladies in our age group. Lynne took a 1st and I was somewhere between 4th and 6th. Congratulations to Lynne. One piece of advice, when Lynne says she's going to go slow DON'T believe her. I don't think she knows what slow is.

Galen was there taking pictures and cheering us on. Christine would have been there cheering as well but I didn't get her the directions (I didn't see her e-mail) in time. I'm bad. Sorry Christine.

I think IER has rubbed off on the other racewalking groups, The potluck afterwards was great and there was a lot of food, and a lot of hot dishes. The chili was the best (my preference) and was great with the chilly wind.

BTW - I came in 3rd place overall in the Masters 50-59 age group in the 2011 Grand Prix.

Jenny

Second in the series How I joined IER

Susan joined the club more than 15 years ago in order to take her powerwalking to the next level. Shortly after joining IER she helped Race Director Dave Snyder reconfigure the course for the club's signature Mayfest race. With Dave's encouragement she has become a National level USATF official and has worked National Championships and International Meets not only as a racewalk official but also for long throws (javelin, hammer, discus). She loves traveling to track meets, but has missed seeing her friends at IER and so has committed to not being a stranger and helping promote IER and the sport of racewalking as IER's PR and Website Coordinator.

Susan

MAYFEST, MAY 15, 2012

Your help is needed at any number of places at this event. Please select you position.

SET UP

Everyone is needed on Saturday to check course for leaves and twigs
And again on Sunday to set up the course

REGISTRATION (2)

Christine

KITCHEN AND HALL SET-UP:

LAP COUNTERS: (10)

Head counter:

5K

15K

WATER STOPS:

Bridge water stop:

Finish line:

Oranges/bananas

BIKES: to pick up DQ slips: Nancy

TRAFFIC CONTROL: (5): Jay, Cliff
Barricades and cones:

PHOTOGRAPHERS:

HALL SECURITY (1 - 2)

FLYERS:

PUBLICITY:

POTLUCK CHAIRPERSON:

WALKING EVENTS

As of April, 2012

IER CLUB EVENTS marked with #
RACE WALKING EVENTS marked with *

2012

May 5, 2012

OC Marathon/1/2 marathon
Safari Park Half Marathon

www.safariparkhalf.com

May 12, 2012

Barstow Veterans Home Mud Run

May 19, 2012

San Bernardino Sheriff's Mud Run

May 20, 2012

Mayfest- Racewalking 15K National Championship Races

June 2, 2012

Fontana Days Half Marathon and 5K
Rock n Roll San Diego Marathon

August 11, 2012

Run thru the Pines 5K and 10K

August 26, 2012

The Santa Rosa Marathon, __, 5K

www.thesantarosamarathon.com

October 7, 2012

Rock n Roll San Jose __ marathon

www.competitor.com

October 21, 2012

Surf City Beach Derby 10 miler/10K
Beach Obstacle Challenge 5K

www.beachderby.com

December 9, 2012

Holiday Half Marathon, Fairplex

www.runholidayhalf.com