



ZIP



The Newsletter of the Inland Empire
Racewalkers

P. O. Box 261, Riverside, CA 92502

1.
SOUTHERN CALIFORNIA

FEBRUARY 2010

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PRESIDENTS MESSAGE

The officers of IER (Al, Dorothy, Jenny and Yvonne) want to thank each and every one of you for not impeaching us on Saturday. That means we have another 23 months to really push ahead.

Thank you, too, Janet Ellerman and Steve for the great DVD, "IER in Action in 2009", and we can't wait till the next one comes out. IER made over \$200 on the DVD's.

I also want to thank Cindy and Jane for taking charge of compiling the information so we can order new shirts. Also thank you to Christine for volunteering to be the next Shirt Coordinator. Patti Kennedy has done an outstanding job for the past few years. Thank you Patti.

February will be a very busy month with two race events for the Club to participate in. We will have over 20 walkers in the Palm Springs Relays. Our three-½ marathoners will be Dr. Al, Jane and Constance.

The following Saturday we will be doing the 5K Raincross at Fairmount Park and our club will have a booth, participants in the 5K and a cheering team.

I want to thank each of the officers for the job well done in January. Dorothy for the Zip, Lee for the 50/50, paying our bills and she now will put together 2 years of the Zip and it will be available for everyone to go thru very soon. To Al for taking notes at the meetings, (I know he is tearing his hair out because we keep going from subject to subject.) You're doing great, Al. And a special thanks to Jenny for keeping everyone very informed on meetings and other pertinent messages thru the email.

We will try and do our best, but we need input thru you, our members, to make our Club the best. If you have any concerns or want to discuss anything, please let us know. We want all members to come out every Saturday and enjoy the company, walking, and of course the number one concern, BREAKFAST!

Since the first of January, we are averaging between 20 to 30 members each Saturday. Keep coming!

Yvonne

CORRECTION:

I owe Lynn Lonberg an apology. Her actual finish time for the Winter Solstice was 1:03:57. Not 10 hours as noted in the January Zip.

REMEMBER THE MEDALS 4 METTIE PROJECT?

Remember the guy who started collecting the medals for sick kids? Well, now you don't have to send them to Indianapolis. This organization has grown so that they have regional organizers. There is a coordinator in Anaheim. If anyone wants to contribute to this project I would be willing to collect the medals and arrange to get them to him.

Christine

HAVE YOU WRITTEN YOUR MEMORIES OF MEL?

I have received only 6 items. I know there are more of you who must have at least one good memory of him. Or maybe it is something funny. How about putting some of those thoughts down on paper so we can make a book to send to his family.

DISCOUNTS FOR ROCK 'N' ROLL RACES

Register on line for the following and **save \$10.00.**

Rock'n'Roll Chicago ½ marathon by 3/31/2010. Use online code: **RUNCH.** Race is August 1, 2010

Rock'n'Roll Los Angeles ½ marathon by 3/31/2010. Use online code **HOLLYWOOD.** Race is October 24, 2010

Rock'n'Roll Las Vegas marathon and ½ marathon by August 15, 2010. Use online code **OWNTHESTRIP.** Race is December 5, 2010

SAN JOSE ROCK N ROLL OCT 3, 2010

The **HOTEL** that we have used for the last five years is walking distance from the start line and expo.

Howard Johnson

1215 South 1st street

San Jose, CA 95110

408-280-5300

www.hojosanjose.com

This is the 5th Anniversary of the Disneyland ½ marathon the weekend of Sept 5, 2010. All race finishers will receive a special **5th Anniversary medal!** **Online at DISNEYLANDHALFMARATHON.COM**

DERBY DAYS at Santa Anita is April 3, 2010. Are we going to have a big group again this year?

Don't forget that there is a group already formed that we can join for the **RELAY FOR LIFE** in Redlands on 4/10-11 at Redlands East Valley High School. It's called Team La Loca Vida. Ask Christine about it.

NEWS OF MEMBER

After 6 months of not being able to attend meetings, or do any racing, Toni Greene attended the 2/13/20 business meeting. Both she and Bill have been greatly missed. Keep recovering from those cancer treatments, Toni, and join us again on our Saturday morning walks.

Jenny was told by the Greene's:

This past Thurs. we walked 1.3 miles around their neighborhood. It took us 22 minutes but at one point we were doing a 16 min. pace. We are back in yoga classes and Toni is feeling great just being able to get out of the house. Also this past week Toni's Dr. took x-rays of her chest and only saw scar tissue where the growths were. This next week Toni will be having the die contrast to really see where she stands with the growths.

PATSY SAPRA

Thanks to Patsy's son getting messages to Yvonne who forwards them to Jenny, who then forwards them to all of us. She is starting rehab. With all our good thoughts and her determination we should see her out with us soon.

After our walk on 2/13, the group gathered in the parking lot to say a short prayer for Patsy Sapra. We know everyone has her recovery in their prayers.

PATTI KENNEDY REPORTS after a visit with Patsy on 2/20:

Patsy is about the same. Her sons were there with their children. She did not hug or kiss them. That is something she would have always done. She just smiles and did take a cracker from little Jack. She is aware of people that are there. If you ask her a question she will answer, but with a little delay. One of them asked her if she wanted something to drink and she said, almost immediately, "A glass of wine would be nice" and then laughed. So she knows what she wants but sometimes has a little delay. I think she is going to be OK. It is just going to take a long time, but she looks wonderful.

Patti

SURF CITY HALF MARATHON

What a beautiful day. The rain clouds from the day before were gone. No jackets were needed and tank tops could almost have been used. The racecourse now has the climb into the residential area at the start of mile four. This makes the up hill easier than when it was just before the last three miles. IER had 6 members doing this race. Three members race-walked these 13.1 miles. Al Cazas finished in 2:27:16. "Way to go Al!" Jane Adams and Constance Koenig finished at 3:07:45. Another great time. The casual walkers were Jenny Dean 3:20:07, Dorothy Joy 3:22:10, and Tim Lee.

VALENTINES DAY, PALM SPRINGS HALF MARATHON, February 14, 2010

Another BEAUTIFUL day in Palm Springs. At the meeting on Saturday, it had been decided that we would all meet at Ruth Hardy Park at 6:15 AM. Much too early for me, but the race was to start at 7:AM. All three members of each team needed to sign the waiver before receiving bib numbers.

We left the starters of each team, the full ½ marathon people, and the 5K members at the start line. The rest of us got into cars and headed for the Relay Tag area. (This area needs to be up-dated with a water stop and porta pots.)

The first to TAG off was Mike Thams to wife, Julie. They finished to race together as a Sweetheart team.

Next was Lynn Lonberg, tagging Jay Fisgus, who was to tag Nancy Brinkley. They were the first of our teams to finish

About this time Jane Adams and Constance Koenig passed the tag area, both looking good and in great form. Cliff Veasey, Al Lynch and Patti Kennedy reached the tag area together, which sent Dorothy Joy, Hilda Alcala and Ralph Hannibal on their way. Close behind was Lee Green, tagging Edwina Holguin.

Yvonne Weber was the last to leave the tag area, but she soon passed both Mike Gill and Jenny Dean to bring their team in second. Jenny was 3rd; Christine Timms was 4th and Mike Gill 5th.

Every one from IER finished in under 3:18.

Grace Adams and Carla Davis and Doug Adams did the 5K with Grace taking a 1st. place. Carla took a 4th.

Galen Dean, Jim Joy, Tolly and Gary Scarborough were cheering us on. Klein/Clark Sports thanked all who participated (with a special thanks to IER) and are hoping we will be out to support Women Running Wild in March. This was a personal request to all of us, made at the end of the race.

Dorothy

PALM SPRINGS HALF MARATHON – RELAY

What a beautiful day it was in Palm Springs! We had 27 members participating either in the 5K, Half Marathon, Relay Teams or in the cheering section. We also had a Sweetheart Relay Team.

Everyone did outstanding!

Our last relay team to come in was waiting and waiting for the last walker and were getting worried. So some of our members went out to make sure Mike Gill was okay. I had passed Mike and he stated he was slow and he would make it. As the team members went out, here came Mike with our members cheering him on and more of the club members joined him and they all walked together with Mike thru the finish line. What an inspiration! He said, "I did it". And we all said, "Yes, you did." He received his medal and was so proud and we were all very proud of him. Of course he said, "My feet are on fire!" Congratulation Mike!

In fact, congratulations to every one who participated. They did announce our club over the PA system and were pleased we keep coming back to support this event. Because of this we were given a FIRST PLACE tile to frame and put up in the restaurant next to our group picture. They even gave a medal and it also will hang with the plaque.

Great Job everyone! Let's all do it at the 5K on Saturday (2/20/2010). This club is a team and we are always there for each other – win or lose. It is all about finishing with no injuries and feeling good about yourself!! See you all on Saturday!!

Yvonne

Editors Note:

If you haven't already seen the Palm Springs 1st place tile that was hung on the wall at the Riviera Restaurant this morning, look for it next week. Yvonne did a wonderful job of framing it.

RIVERSIDE RAINCROSS RUN/WALK, FEBRUARY 20, 2010

What a great day it was. Our booth was a huge success! Thanks to Doug and Jane for the great displays and to all those who came early to set it up in less than 15 minutes (and it took less than 10 to take down). Teamwork is what it is all about.

Lynn, Patti, Tolly, Gary, and Yvonne did the 5K while our cheerleaders were Jenny, Dorothy, Jane, Ralph, Suzanne and Doug. Jay held down the booth. Janet took pictures before, during and after the race, and of course there are never enough pictures, so Patti also took pictures for the next IER in Action DVD (that will probably to 2 hours long).

Afterward we all went for breakfast and met up with Connie, her dad, Al, Judy and Cindy Petite. And yes, we did the 50/50 and Gary won!

Awards: Lynn came in third in her age group, Patti came in second and Yvonne came in first in their age group. IER worked as a team, all came early, helped set up and take down and cheered team members from the 5K into victory.

We had coffee and the most delicious bundt cake to munch on before and after the race!

Yvonne

IER is on Facebook

By: Cindy Eggert

As you all know by now, the Inland Empire Racewalkers has a website. Hopefully you are all using our website. Also, please remember to email Cindy any races or other events you would like to have on the IER calendar. I would really like to encourage all IER members to please send information that can be shared on our website. Just to remind all of you, IER's website can be found at www.ieracewalkers.com

Like it or not, times are changing and this is the computer age. IER is embracing and moving into this technology. We now are also using social networking and have a Facebook page. At this time, IER has about 20 members who are using our Facebook page, but we would love to have even more members join us. Facebook is a wonderful way to quickly share photos, interesting websites, plan club events, and other things. Also, for non-IER members who wish to follow IER, we have created a “Fans of IER” page. The fan page is an attachment to the regular IER page.

For IER members who are interested and not “friends of IER” on Facebook, please log into (or create) your own Facebook page and search for InlandEmpire Racewalkers. Please note that there IS NO space between Inland and Empire. Next click on the button to become a “friend” and wait for us to confirm you.

If you know somebody who is not an IER member, but would like to follow us, tell them to search for Inland Empire Racewalkers. Please note that there IS a space between Inland and Empire for our page. This will take the person to our Fan Page and they just need to click on “become a fan.” I also suggest that IER members also become fans because we are trying to share different kinds of information on both the friend and fans page. Also, if you have Facebook friends who want more information about walking and fitness, you can send them a Facebook suggestion to become fans of IER.

Did You Know ...

By: Cindy Eggert

On Thursday, February 18, 2010, I was on Dave McGovern’s Racewalking Group Facebook page and he shared this direct quote from an Irish Times news paper article:

Back in 1854, at 15 Marino Crescent in Clontarf, a seven-year-old named Abraham Stoker, bed-ridden since birth with an undiagnosed disease, suddenly and inexplicably regained his strength. The family doctor recommended he develop this by walking, slowly and steadily, along the Clontarf seafront – and soon Stoker began covering long distances, without pausing for breath. Initially it was tough medicine, but gradually he began to relish it.

By age 17, Stoker had grown into a 6ft 2in red-haired, red-bearded giant of a man, and won a stream of athletic honours in his first year at Trinity College Dublin. But walking remained his passion, and he was among Ireland’s first champion race walkers. He was never beaten, his sole failure to win coming via disqualification after he’d won the five-mile race at the Civil Service championships in London in 1868. Later, during a marathon stroll of the Aberdeenshire countryside, he stumbled upon Cruden Bay, the atmospheric fishing village where in 1895 he wrote a horror story entitled Dracula, published two years later under the name Bram Stoker. The rest, as they say, is literary history – but the point is few people take up race walking by choice.

O’riordabm I. (2010, January 23). Stumbling upon walk racing on road to success. *The Irish Times*. Retrieved February 19, 2010, from

<http://www.irishtimes.com/newspaper/sport/2010/0123/1224262925206.html>

In the above article, the Irish Times talked about Olympic racewalker, Olive Loughnane. I have to admit, I was not familiar with Ms. Loughnane, so I found a bit of information about her online (the internet is a wonderful thing). If you are interested, here are a couple other links for a little information about Olive Loughnane.

http://en.wikipedia.org/wiki/Olive_Loughnane

<http://www.irishtimes.com/sports/other/2010/0122/1224262907078.html>

WALKING EVENTS

As of 2/20/2010

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

March 2010

- *1-6 World Masters Indoor Champ.
Kamloops, BC
- *14 Easy Striders Walking Club St. Patrick's Day Walks, Huntington Beach
- 14 Rock n Roll Dallas, ½ marathon www.runrocknroll.com
- 21 Los Angeles Marathon, Dodger Stadium, start line www.lamarathon.com
- #28 Women Running Wild 5K www.active.com/event

April 2010

- 3 Derby Day 5K, Santa Anita Race Track, Arcadia
- *11 Mt. SAC Relays 5K/10K (track championships. Mt SAC Stadium, Walnut, CA
ask Christine Timms
- 10-11 Relay for Life, Redlands
- 24 Country Music Marathon, ½ marathon
Nashville, TN www.cmmarathon.com

May 2010

- 2 OC Marathon, Orange County www.ocmarathon.com
- 8 Santa Barbara Wine Country ½ marathon www.runsantaynez.com
- #*16 Mayfest (Mel Granttham 5K) Fairmount Park, Riverside
National Masters and West Region 15 K Championship

June 2010

- #5 Fontana Days 5K www.fontanarecreation.org
- *5 Calif. St. Senior Olympics at Cal Tech
- *6 SCA Open Championship at Mt Sac
- 6 Rock n Roll San Diego, full/relay/1/2 marathon www.runrocknroll.com
- 12 Camp Pendleton Mud Run
- *20 SCA Masters Championships, Site TBD
- 26 Rock n Roll Seattle, marathon & ½
Tukwila to Seattle www.runrocknroll.com

July 2010

- *10-11 West Region Masters Championships, Site TBD
- 25 San Francisco Marathon, full, 2-1/2's,
5K progressive www.runsfm.com

August 2010

- 1 Rock n Roll Chicago ½ marathon www.nrchicago.com
- # Run thru the Pines 5K. Brunch to follow

September 2010

- 3-5 Disneyland ½ marathon weekend www.disneylandhalfmarathon.com
- 5 Rock n Roll ½ marathon, Virginia Beach www.rnrvb.com
- 19 Boulder marathon/1/2 marathon www.boulder-marathon.com

October 2010

- 3 San Jose ½ marathon www.runrocknroll.com

10	Portland Marathon ½ marathon	www.portlandmarathon.org
10	Ottawa Fall Colors Marathon/half/10K/5K Ontario, Canada	www.sumersault.ca
17	Long Beach Marathon/half	www.runlongbeach.com
24	Rock n Roll Los Angeles	www.rnrla.com
November 2010		
13	Big Sur Half Marathon on Monterey Bay Half/10 mile/5K	www.bigsurhalfmarathon.org
14	Rock n Roll San Antonio, full and ½	www.san-antonio.competitor.com
December 2010		
5	Rock n Roll Las Vegas, full and ½ marathon	www.las-vegas.competitor.com