



## The Newsletter of the Inland Empire Racewalkers

P. O. Box 261, Riverside, CA 92502

SOUTHERN CALIFORNIA

APRIL 2010

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### PRESIDENTS MESSAGE

The IER officers (Al, Lee, Dorothy, Jenny, Yvonne) want to thank all of the IER members for the support that you have given us to continue to do our best and making the Club a team. We had a great month in March and April will be even better. Our attendance at the monthly meetings has been so successful and hopefully this will continue.

The Club would like to welcome three new members: Sally Peerbolt, Audery Matike and Donna, Audery's friend. They are going to be a big asset to the club.

This month the Club will be very active in having a booth, a team and a cheerleading section for the Dyslexia 5K on April 17<sup>th</sup>. Doug and Jane have volunteered to be in charge of setting up the booth with the rest of the members there to help. Dorothy will bring the goodies and Yvonne will provide the coffee. The officers are asking everyone to be there at 5:45 AM to help set up the booth, pick up their packets and get prime parking. (Yes, you did read 5:45 AM.)

Our two members, Toni Greene and Patsy Sapra, have been out sick but are now on the road to recovery and hopefully they will be back soon. We miss them and wish them each a speedy recovery.

I want to thank each of the officers for a great job done for another month. Al for the minutes, which will now be emailed to everyone. Lee for keeping the accounts up to date and keeping the Club in the black. And Dorothy for a great job on the ZIP (and the delicious cake she brought to the Raincross 5K for the IER members.)

All of the officers are trying to do their best but we need input from you, the members, to make our Club the best and to keep everyone very informed on what we are doing at the present time and hope to achieve in the future.

If you have any concerns or want to discuss anything, please let us know so they can be addressed. We want all of you to come out each Saturday and enjoy the company and the walking. Of course as usual, breakfast and the 50/50 is our number one concern.

Please mark you calendar and reserve the date for the annual Mayfest, which will be held on Sunday, May 16<sup>th</sup>. This is an annual Regional Racewalking event that IER hosts each year. Racewalkers from Arizona have already sent in their registrations.

Yvonne

### **Women Running Wild**

It's hard for me to believe that this is the 14<sup>th</sup> year of WRW and I have done the last 11 consecutive years. All proceeds now go to the Jody Klein Breast Cancer Fund. It was a nice, not to warm, Palm Springs Sunday morning as we women waited for the men (and IER members, Cliff, Mike and Tim) to finish their race so we could get going. It was a much smaller gathering at Ruth Hardy Park this year – probably due to the economy and it being Palm Sunday. Still it was a fun group and I signed up to walk so I was soon passed by Lynne, Jenny, and Dorothy. If I run I can usually beat Dorothy. I did manage to catch up with her on the home stretch and we crossed the finish line together. The announcer interviewed her as the “oldest female competitor.” We all medaled in our age groups and Lynne Lonberg was the Overall Female Walker. As usual, there was a raffle with fabulous prizes. Mike and Jenny won bottles of wine, Lynne won a breast cancer T-shirt and Cliff won a gift certificate for a round of golf for 2 at a fancy Palm Springs golf course (in case you don't know – Cliff does play golf).

After the pink survivors' balloon release and the raffle we adjourned to the Joy's residence where a lovely breakfast of omelettes, fruit, wine etc... awaited us in honor of the Parriott's abandoning IER and moving to Texas. It was good to see Bill and Toni (looking good girl!) and the other IER members who couldn't get out of bed in time to go to Palm Springs.

Another lovely day in California!

Christine

### **Santa Anita Derby 5K**

Yvonne and Jenny have already sent out information on this race. It was a beautiful day. We all appreciated the great weather and the Arboretum grounds. And since Jenny, Jim and I “strolled” through the grounds we could really appreciate them.

Dorothy

### **MT. SAC RELAYS, APRIL 2010**

The Mt. Sac Relays...where athletes from around the world come to compete. On April 11, 2010 it was the racewalkers turn to compete in a 10K or 5K. This was the third race in the Grand Prix series as well as the Regional Championships.

Since this race is held on a track, we had our choice of either 24 or 12 times around, and because I'm a glutton for punishment, I chose the 10K. Pat Bivona also participated in the 10K. I think he's as crazy as I am. Pat got back into town around midnight and had to be at MSAC at 6:30 AM.

Once again the weather held out until we were finished and then decided to get cold. I was doing just fine and as I passed by the DQ board I had 2 warnings posted and I hadn't even reached 3 miles. One more red dot and I'm DQ'd. My pace slowed a bit and the concentration level increased. I finished without getting DQ'd and came in 2<sup>nd</sup> place with a time of 1:28:14. The lady that took 1<sup>st</sup> literally smoked me. I think she lapped me at least 4 times, but that was OK since a couple of weeks prior she set the Canadian record for her age group 50 – 59.

Pat took a 2<sup>nd</sup> place as well with a finish time of 1:09:39. Not bad for being up most of the night. He lapped me several times, with encouraging words as he went by.

Next month will be our (IER) turn to host the race. See you all there to cheer and encourage the participants. Wait till you see the 9, 10, and 11 year olds.

Jenny

### **DATES TO CIRCLE**

**April 17**      **Dyslexia 5K, Fairmount Park.**      We will have a booth and walkers. Come out and support this event

**May 15<sup>th</sup>**      **Clean-up day of the Mayfest course.** Bring your brooms, shovels and trash bags.

**May 16<sup>th</sup>**      **Mayfest at Fairmount Park.**      Your help at this Club run race is critical. Please be there to help. Sign up for the station where you want to help.

### **THANK YOU IER**

Please put a big thank you in the next minutes for the generous donation for my Avon walk for breast cancer. I received the check and have surpassed the mandatory \$1800.00 and I'm well on my way to my personal goal of \$2000.00. I want to thank everyone for the donation but also the support with the training. I look forward to the Saturday walks with the IER!

Sally (Peerbolt)

Talked to Toni Greene on Sat. 4/10. She is real glad to home and out of the hospital. Loved getting the emails from those of you that sent them. The nurses didn't know emails could be sent to patients. She sends her thanks.

Editor

### **EDITORS NOTE:**

There may not be a May Zip. Editor and husband will leave for Washington State to see family on April 20. Back sometime before May 24<sup>th</sup>.

Please continue to send Zip articles, thank-yous, etc. Jenny will check correspondence and send on any time sensitive information.

# WALKING EVENTS

As of 4/14/10

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

April, 2010

- #17 Dyslexia 5K (IER will have a booth) Fairmount Park
- 18 Run thru Redlands 5K, 10K, ½ marathon
- 24 Country Music Marathon, ½ marathon  
Nashville, TN [www.cmmarathon.com](http://www.cmmarathon.com)

May, 2010

- 2 OC Marathon, Orange County [www.ocmarathon.com](http://www.ocmarathon.com)
- 8 Santa Barbara Wine Country ½ marathon [www.runsantayne.com](http://www.runsantayne.com)
- #\*16 Mayfest (Mel Granttham 5K) Fairmount Park, Riverside
- National Masters and West Region 15 K Championship
- 23 The VAP 5K/10K, on ther CBS lot, Studio City [www.VirginiaAvenueProject.org](http://www.VirginiaAvenueProject.org)

June, 2010

- #5 Fontana Days 5K [www.fontanarecreation.org](http://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](http://www.runrocknroll.com)
- 12 Camp Pendelton Mud Run
- \*20 SCA Masters Championships, Site TBD
- 26 Rock n Roll Seattle, marathon & ½  
Tukwila to Seattle [www.runrocknroll.com](http://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](http://www.runsfm.com)

August, 2010

- 1 Rock n Roll Chicago ½ marathon [www.rnrchicago.com](http://www.rnrchicago.com)
- # Run thru the Pines 5K. Brunch to follow

September, 2010

- 3-5 Disneyland ½ marathon weekend [www.disneylandhalfmarathon.com](http://www.disneylandhalfmarathon.com)
- 5 Rock n Roll ½ marathon, Virginia Beach [www.rnrvb.com](http://www.rnrvb.com)
- 19 Boulder marathon/1/2 marathon [www.bouldermarathon.com](http://www.bouldermarathon.com)

October, 2010

- 3 San Jose ½ marathon [www.runrocknroll.com](http://www.runrocknroll.com)
- 10 Portland Marathon ½ marathon [www.portlandmarathon.org](http://www.portlandmarathon.org)
- 10 Ottawa Fall Colors Marathon/half/10K/5K  
Ontario, Canada [www.sumersault.ca](http://www.sumersault.ca)
- 17 Long Beach Marathon/half [www.runlongbeach.com](http://www.runlongbeach.com)
- 24 Rock n Roll Los Angeles [www.rnrla.com](http://www.rnrla.com)

November, 2010

- 13 Big Sur Half Marathon on Monterey Bay  
Half/10 mile/5K [www.bigsurhalfmarathon.org](http://www.bigsurhalfmarathon.org)
- 14 Rock n Roll San Antonio, full and ½ [www.san-antonio.competitor.com](http://www.san-antonio.competitor.com)