



SOUTHERN CALIFORNIA

ZIP

The Newsletter of the Inland Empire Racewalkers

P. O. Box 261, Riverside, CA 92502

AUGUST 2010

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PRESIDENTS MESSAGE

First of all I want to thank each of our officers of IER (Al, Dorothy, Lee and Jenny) for a great job they are doing. We have come a long way since January and have accomplished one of our biggest goals and that is our Club is a TEAM and you can certainly see this in the attendance at the meeting and the great show of approximately 33 members participating in the 31st Annual Run Thru the Pines. Everyone was commenting on our group as we took group pictures, and individual pictures in our bright green shirts. Those who did not do the race were cheering us on as we crossed the finish line.

Afterwards we all went to Janet and Steve Ellerman's home for the potluck and those delicious ribs, beans, salads, fruit and all kinds of desserts and drinks. What a great day! And beautiful weather!!

As President, I viewed the group while at the pot luck and I have to say, and I do know I am saying it for all the officers – we are very proud to serve you and you know we are willing to do anything to make our Club Team even better!!

The officers need your input to make our Club the best and to keep you fully informed. If you have any questions or concerns or want to discuss anything, please let us know so that we can address the issues.

The 50/50 that was held at the potluck was a huge success. The winner, Grace Adams, went home with \$29.00. Nancy Brinkley won the beautiful doll that Patti Kennedy donated for the 50/50 and someone won a beautiful bowling shirt.

Thank you Janet and Steve for holding the potluck! You have a beautiful and perfect home for our potluck up in the mountains. We all had a great time.

Be sure if you have participated in any race or event, write a short article for the Zip and email it to Dorothy, our editor.

Everyone keep up the good work!

Yvonne

RUN THRU THE PINES STATISTICS

Of the 63 who participated in the Racewalk Division, 18 were IER members. Fourteen of these eighteen received medals, (even us over 80, who came in last). Our President, Yvonne, came in third over all of the females Racewalkers. Including out cheering section, we had 40 people there. Besides the Racewalkers, we had 12 5K run/walk, (Nancy Brinkley finished with a first place), and 10 in the cheering section. We had three visitors at the potluck, two racewalkers from Los Angeles area, and Gordon, from the Lopers.

INFO FROM MEMBERS

Joyce Scott wrote that she would be in Scotland from August 4 – 14. When she gets back on August 26 she is going to have her knee replacement. “I have put it off long enough. I want to be ready to do the ½ marathon in Huntington Beach in February, 2011.” Have a great time in Scotland, Joyce, and our best wishes on your surgery.

Casey Oesterlien sent me a web site for a 50 states half marathon group.

www.halfmarathonclub.com

The 50 States and DC group also have a similar club.

Rock ‘n’ Roll has added two more races for 2011.

August 7, 1/2 marathon in Providence RI www.runrocknroll.competitor.com/providence

November 5, full and half marathon in Savannah, GA www.runrocknroll.competitor.com/savannah

Both of these sound like places to visit after the race.

O.C. Marathon is taking registrations for 2011. This race had a new course last year.

The date – May 1, 2011. www.OCMarathon.com

The group of races called **13.1** taking place in Los Angeles is January 16, 2011.

It starts at Santa Monica Beach, goes south to Venice, Mar Vista and Palms to Culver City then back to Venice.

There is a 3:30 minute time limit on the race. www.131losangeles.com

Christine Timms was telling me about a Marathon done aboard a Holland America ship and on land at several stops in Alaska. It’s an accumulation of the miles put in at these places. Ask her for more details. Could be a lot of fun and Holland America is a great line to sail with.

SAVE SEPTEMBER 11. Check for emails regarding this date. The Mayor of Riverside will be walking with us on that date. We need to show him what a great group we are.

September 18 is the Heart Walk at Fairmount Park. We will have a booth and walkers.

Junior League of Riverside has asked IER to do two racewalking clinics at the first Fitness Expo on **Sept 25**.

Dave Snyder will be in charge. Contact him to offer your help.

WALKING EVENTS

As of 8/14/10

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

September, 2010

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| 3-5 | Disneyland ½ marathon weekend | www.disneylandhalfmarathon.com |
| 5 | Rock n Roll ½ marathon, Virginia Beach | www.mrvb.com |
| 11 | Camp Pendleton ½ Marathon Heart Break Ridge | www.camppendletonraces.com |
| 11 | LA County 12 th annual Run for Health | www.laccw.info |
| #18 | Heart Walk at Fairmount Park | |
| 19 | ING Rock n Roll Philadelphia ½ marathon | www.runrockroll.com |
| 19 | Boulder marathon/1/2 marathon | www.boulder-marathon.com |

October, 2010

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| 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 |
| 10 | EWS Wine country marathon/1/2 marathon Healsburg, CA | www.winecountrymarathon.com |
| 17 | Long Beach Marathon/half | www.runlongbeach.com |
| 24 | Rock n Roll Los Angeles | www.mrla.com |
| 30 | 25 th Annual Tram Road Challenge 6K uphill run and walk | www.active.com/event |
| 24 | Grape Stomp half marathon, 10K, 5K Livermore, CA | www.finishlineproduction.com |

November, 2010

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| 6 | Santa Barbara Int. Marathon/1/2 marathon | www.sbimarathon.com |
| 7 | Women's Half Marathon | www.womenshalfmarathon.com |
| 7 | Two Cities full and ½ marathon – Fresno Clovis, CA | www.RunFresno.com |
| 12 | 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 |
| 14 | Silver Strand Half Marathon, Coronado to Imperial Beach, San Diego | www.kozeinterprises.com \ |
| 14 | Big Sur Half Marathon on Monterey Bay ½ marathon, 10K, 5K | www.bigsurhalfmarathon.org |
| 14 | Vine Run ½ marathon, 5K Paso Robles, CA | www.winevinerun.com |

December, 2010

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| 5 | Annual Christmas Party at Patti Kennedy | 626-964-5774 |
| 5 | Rock n Roll Las Vegas, full and ½ marathon | www.las-vegas.competitor.com |

January 2011

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| 16 | Rock n Roll, Phoenix | www.runrocknroll.com |
| 16 | 13.1 Los Angeles | www.131LosAngeles.com |

4 th Sunday	Maui Oceanfront Marathon	www.MauiOceanfrontMarathon.com
February 2011		
13	Palm Springs ½ marathon and 5K	www.active.com/event
March 2011		
5/6	Desert Sprint and Triathlon	www.active.com/event
27	Women Running Wild 5K	www.active.com/event
May 2011		
1	OC Marathon, ½ marathon So Coast Plaza	www.ocmarathon.com
August 2011		
7	Rock n Roll Providence, ½ marathon	
November 2011		
5	Rock n Roll Savannah, full and 1/2	

Walking can add minutes to your life. This enables you at 85 years old to spend an additional 5 months in a nursing home at \$7000 per month

Every time I hear the dirty work “exercise”, I wash my mouth out with CHOCOLATE