



The Newsletter of the Inland Empire Racewalkers

P. O. Box 261, Riverside, CA 92502

SOUTHERN CALIFORNIA

JUNE 2010

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PRESIDENTS MESSAGE

The IER officers (Al, Lee, Dorothy, Jenny and Yvonne) want to thank each and every IER member for their support and hard work in making the Mayfest the most organized and successful event in the history of doing the Mayfest. We received many emails from, not just racers, but individuals who are well known in the race walking field. Outstanding remarks on how great it was, not only was the pot luck a huge success, but comments made about IER and how friendly each and everyone was. They all loved the nametags. Thanks to Susan.

I especially want to thank Dave for the hard work that he puts in every year to make Mayfest a success. Without Dave there would be no Mayfest. From all of us, Dave, Thank you!!

On June 5, all the IER racewalkers who competed in the 5K at Fontana Days came home with first place medals. Also plaques for the overall second the third place male and first, second and third place female in race walking. What a team!!

Thanks to Cindy and Chris for taking charge of the IER booth for Fontana Days. Everyone showed up at 5:30 AM to help setup the booth and to help run the booth while the races were on. I especially want to thank Jay for the tables, Jenny for the EZ up, Tolly and Edwina for coming out just to help with the both, and to those who couldn't get into the race due to a close out, Steve, Janet and Jim, Grace (who gave her number to Janet so Janet did the race), and Connie (who was all dressed in yellow and looking pretty). Everyone was cheering for everyone. What a TEAM!!!

The Chairperson of the vendors for Fontana Days called and they were very impressed with our booth and have invited us to come back again next year.

The Officers would like to acknowledge the following for a great day at Fontana:
Dave, Linda and Susan for the judging. They kept us on our toes.

Winners for the 5K:

Each one came in first for their age group: Al Lynch, Mike, Janet (for Grace), Jenny, Lynn, Yvonne, Patti, and Dorothy. Nancy, Janice and Christine competed in the run category. Nancy and Janice received an award. Janice in Grace's name.

The overall winners were:

| | |
|-------------------------------------|--|
| Males: 1 st : Art Morrow | Females: 1 st : Lynn Loberg |
| 2 nd Al Lynch | 2 nd Yvonne Weber |
| 3 rd Mike Gill | 3 rd Patti Kennedy |

Mike Thams represented IER in the half marathon and did great!!!

I want to thank each of the Officers for a great job done for the last two months. Al for the minutes, Lee for keeping out account in the black, Dorothy for doing a fantastic job on the Zip and Jenny for sending out all the emails that are sent to her. (I know she is going crazy with this).

All the officers are trying to do their best but we still need your input to make our Club the best and to keep everyone 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 that we can address the issues.

Mark your calendar and reserve the date for Sunday, 4th of July in Claremont and August 14th for Run thru the Pines.

Yvonne

CIRCLE THESE DATES

July 4, Claremont 5000. Check out Claremont Freedom 5K, homepage. There are GREEN shirts in pictures. Pot Luck Brunch following the race at Yvonne's.

August 14, Run Thru Pines at Crestline. Janet and Steve have invited us to their place for a Pot Luck Brunch after the race. Thanks Ellerman's.

September 18, Heart walk at Fairmount Park. Plan to participate.

MAYFEST

The comments from those who did the race were great. Looks like IER members outdid themselves again. I have not posted the comments here since you should have all received them from Jenny.

Mayfest Wrap Up

What can I say. The 22nd edition of Mayfest was a resounding success. Sixty-two registrants from 13 states, both new records for the event. Three American records set and one Masters Age Best. Subject to ratification

of course. IER has made a great contribution to the sport of racewalking, particularly enabling athletes to compete and reach their full potential here and around the world.

You all did a marvelous job. Never underestimate your contribution. It all adds up to a wonderful experience for the athletes and the post race compliments are a testament to that. When the event was over I suddenly realized there had been no crises and everything ran smoothly. Again, each of you did your part to make that happen.

For myself and all of the competitors, thank you for a job well done. Thanks to the weather too.

Dave



SBSD MUD RUN, 2010 **San Bernardino Sheriff Mud Run, 5/22/10**

This was my third year doing this particular mud run. They have had some issues in the past (they always started an hour or more late) but they obviously worked very hard in resolving them. This year things couldn't have gone smoother.

I got there early as it's a one-lane road into where the event is held and parking can get, let's say, interesting. I was through registration in a flash and back into my warm and snuggly car.

They changed the start area a little bit this year. Both sides were lined with patrol cars. As the start time neared they all went code 3, lights and sirens. It was quite impressive, and I'm pretty sure I will hear out of my left ear again. They turned off the sirens so the announcer could direct our attention to the incoming helicopters. They flew overhead and peeled off to the left and right. One came back directly in front of the waiting throng and the SWAT team did a tactical exit, flash bang grenades and all.

The race course was pretty much the same as previous years. The one major change was more, thicker and deeper mud than ever before. There were two mud pits that if I had tried to stand in them I would have sunk up to my waist. They had volunteers warning us not to try and walk through them, but to get down and "swim" through them. Imagine trying to swim through thick, sticky cake batter and you might have some idea of what

we had to deal with. I was fairly certain that a future archeologist would dig me up and wonder why they buried number 1556 face down in compression shorts and a tee shirt. It was so hard. There was nothing to push against so you had to drag yourself along. Everyone came out of that mud pit the exact shade of brown from head to toe.

They had water trucks and hoses set up so you could clean yourself off a little. It was so cold that the water actually felt warm.

The next day I got an email asking me to send them my thoughts. I deleted the first draft when I realized I was sending it to law enforcement. No need to open that can of worms! Actually, what I told them is that I thought this was the best run and probably the most fun of any mud run I've done, even though it was one of the hardest.

For those that are interested, my finish time was 1:28:01 for a 5K. It wasn't chip timed, and I couldn't see my watch, so I have to trust the run officials on that.

Cliff

SAN DIEGO ROCK 'N' ROLL, June 6, 2010

The Editor was only able to locate three of our members who did this MARATHON. They were Pat Bivona, 5:52:29; Jane Adams, 6:54:27; and Constance Koenig, 6:54:10. Good job and congratulation to you all.

SPOKANE/YUCAIPA relay for live walk

On June 4 Carol Dellinger ran 30 miles at the Relay for Life in Spokane WA. Jenny met Carol in 2006 while doing the Yakima River Marathon and they have remained friends. Last year Carol was diagnosed with breast cancer and is participating in the Relay for Life as a celebration over cancer.

While Carol was running her 30 miles in Spokane, there were 6 IER members walking miles in Yucaipa. Janet and Ruth Holman each walked 6 miles, Dorothy and Christine each walked 4 miles, and Jenny and Flo walked until 1 AM Saturday morning each doing 20 miles. About a total of 60 miles for the group.

Although this was a WALK event, we all stopped long enough to enjoy hot dogs and hamburgers, and brownies around 6 PM.

Carol finished her 30 miles about 2:30 AM. She started her miles at 7 PM Friday night.

In true IER style, the next morning four of the six were out for Fontana Days.

Cancer survivor runs for her life

Marathoner to run 30 miles in relay, because she can

Jill Barville
jbarville@msn.com

Carol Dellinger is seen at the Capital City Marathon May 16. Courtesy Carol Dellinger

If you go

What: 2010 Relay for Life

When: June 4-5.

Where: Spokane Falls Community College.

Why: Benefit fundraiser for the American Cancer Society

When it comes to life's challenges, North Side resident Carol Dellinger approaches them like a marathon, with optimism, determination and strength.

Known as the marathon machine or marathon warrior, Dellinger runs a marathon every two to three weeks and only two women in the United States have run more of them. She finished No. 237, the Capital City Marathon in Olympia, on May 16.

But the last few marathons have had special meaning for the woman who treats each race like an individual journey. Last October, one day after finishing the Portland Marathon, Dellinger went for her annual mammogram and soon learned she had breast cancer.

Cancer picked the wrong woman to mess with," she said. "It was a new marathon to run."

Next week, on June 4 and 5, Dellinger will represent Cancer Care Northwest and herself as she runs 30 solo miles during the 2010 Relay for Life at Spokane Falls Community College, a fundraiser for the American Cancer Society.

"It's my way of proving cancer did not beat me. I won this," she said, noting she picked 30 miles because it's more than a marathon but not so many miles it will set back her training schedule.

Of course, the cancer diagnosis did set back her training schedule, forcing her to cancel three marathons last fall and winter. But she's glad that was it, because the cancer was caught early. "I was a fit, powerful woman. How could it be me?" Dellinger said, describing her range of reactions. She didn't drink or smoke, she exercised and ate healthy foods and didn't have any symptoms or lumps.

Still, Dellinger, 47, was religious about getting an annual mammogram. "I've had a mammogram every year since I was 35," she said, explaining that five women in her family had gotten various kinds of breast cancer, though Dellinger knew from a DNA test that she didn't carry one of the identified genes that are susceptible to the disease.

Her cancer, ductal carcinoma in situ, is a common cancer of the milk ducts and curable when detected before it has a chance to spread, said Dellinger. "Six more months and it would have been invasive. ... I'm so fortunate it was caught early ... By early detection my cancer was 100 percent curable."

Dellinger recalled asking her surgeon, Dr. Stephanie Moline, if she was going to die. The answer? Yes, eventually, but not from breast cancer.

So, Dellinger flew to Boston and ran the Cape Cod Marathon, her last as a two-breasted woman. Then she came home and had her right breast removed on Nov. 9. She declined reconstructive surgery because she wanted the fastest recovery possible, to run more marathons. Just nine weeks later, on Jan. 17, Dellinger finished PF Chang's Rock 'n' Roll Marathon in Phoenix.

"I think that's what kept me so upbeat and motivated through the entire recovery, because I had that goal. I was running my comeback marathon," said Dellinger, adding that she presented the finisher medal to Moline as a thank you. "It was an amazing experience crossing the finish line of that marathon, knowing just nine weeks prior what I had been given."

The medal is displayed at Cancer Care Northwest, where it's a reminder to the staff that what they do matters.

"I felt very blessed that she would share that with us and thought of it as a good inspiration," said Moline. "If she can do this, we can keep working too."

According to Moline, Dellinger's upbeat attitude likely helped her recovery. "She has a lot of positive energy, whether it's facing 26 miles or facing a diagnosis of breast cancer. Most women don't recover from surgery that quickly or bounce back with a positive attitude and keep going ... Having a positive outlook, I think, made her recovery easy."

Now, Dellinger wants to use her story to encourage others, blending the lessons she's learned running so many marathons with the lessons she's learned beating breast cancer.

"Marathon running is a way of life. Now as a breast cancer survivor, I can entangle the two and be an inspiration," she said. "I run for hope. I run for every mother, woman, aunt, grandmother, partner, and sister who has ever been diagnosed with breast cancer. I also run to feel. Surviving breast cancer is something I have to feel."

WALKING EVENTS

As of 6/6/10

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

June, 2010

- 12 Camp Pendelton Mud Run
- *20 SCA Masters Championships, Site TBD
- 26 Rock n Roll Seattle, marathon & ½
Tukwila to Seattle

www.runrocknroll.com

July, 2010

- #4 Clairmont 5000, Pot Luck Brunch @ Yvonne
- *10-11 West Region Masters Championships, Site TBD
- 24 San Francisco Marathon, full, 2-1/2's,
5K progressive

www.runsfm.com

August, 2010

- 1 Rock n Roll Chicago ½ marathon
- #14 Run thru the Pines 5K. Pot Luck Brunch to follow
at Steve and Janice

www.rnrchicago.com

September, 2010

- 3-5 Disneyland ½ marathon weekend
- 5 Rock n Roll ½ marathon, Virginia Beach
- #18 Heart Walk at Fairmount Park
- 19 Boulder marathon/1/2 marathon

www.disneylandhalfmarathon.com

www.rnrvb.com

www.boulder-marathon.com

October, 2010

- 3 San Jose ½ marathon
- 10 Portland Marathon ½ marathon
- 10 Ottawa Fall Colors Marathon/half/10K/5K
Ontario, Canada
- 17 Long Beach Marathon/half
- 24 Rock n Roll Los Angeles

www.runrocknroll.com

www.portlandmarathon.org

www.sumersault.ca

www.runlongbeach.com

www.rnrla.com

November, 2010

- 13 Big Sur Half Marathon on Monterey Bay
Half/10 mile/5K
- 14 Rock n Roll San Antonio, full and ½

www.bigsurhalfmarathon.org

www.san-antonio.competitor.com