



SOUTHERN CALIFORNIA

ZIP

The Newsletter of the Inland Empire Racewalkers

P. O. Box 261, Riverside, CA 92502

JULY 2010

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PRESIDENTS MESSAGE

The IER officers (Al, Lee, Dorothy, Jenny and Yvonne) want to thank each of you for your support and hard work in the last six months. IER has come a long way and we are now a TEAM!

This month, July, five of our superstars were acknowledged and recognized. They are incredible and they never quit, never say no, or that's too hard and I just can't do it. These superstars do 5K's, Mud Runs, and back to back half marathons. They just keep going! I want to congratulate each one of them and I know they will continue for many more years. They are: Grace Adams, Jim Joy, Dorothy Joy, Ralph Hannibal and Patti Kennedy. Our club, IER, salutes each and every one of you and each of you should be very proud of yourselves.

IER out shines again at the annual Fourth of July 5K in Claremont. We had a great group and all did so well. Nancy, Lynn, Patti and Yvonne received medals in their age group. Afterwards we all met for the potluck. We had perfect weather for the race and the potluck. Our guest of honor at the potluck was Booger! He was a hit. Next time you see Booger he will be wearing an IER shirt. (Editors note: Booger is Yvonne's dogson.)

Patsy Sapra joined us for the potluck and she looked great. We were all so happy to see her and see her doing so well.

We also had other guests at the potluck. Jenny's sister and husband were there from Washington, Jan Wright from Claremont, who belonged to the club when it first began, Doris Lynch and her husband Larry, and the parents of Booger, Yvonne's sun Pat and Barb.

Keep the date, August 14th, open for the annual Run Thru the Pines. All IER members will receive a discount for registering. The group price will be \$15.00, which includes the pancake breakfast. But after the race and awards we all head to Janet and Steve Ellerman's place for another great Potluck!

I want to thank each of the Officers for a great job done during the month of June and the past five months. We are starting July with a bang and hopefully it will keep going. Thank you Lee, Al, Dorothy and Jenny for a great job done.

I want to thank Jenny for a great job done in getting out the emails and letting everyone know what is happening or going to happen in IER. This has kept everyone informed and has brought the Club together. Thank you Jenny!

All the officers are trying to do their best but we still need your input to make our Club the best and to keep you all informed. If you have any questions or concerns or want to discuss anything, please let us know so that we can address the issues.

Reminder: the 7:00 AM group who hikes to the top on Saturday will now begin at 6:30 AM due to the heat. Remember to mark your calendar for the next 5K which will be held on August 14th - Run Thru the Pines.

Yvonne

IN LOVING MEMORY

GOD SAW YOU GETTING TIRED AND A CURE WAS NOT TO BE,
SO HE PUT HIS ARMS AROUND YOU, AND WHISPERED, "COME TO ME".
WITH TEARFUL EYES WE WATCHED YOU, WE WATCHED YOU FADE AWAY.
ALTHOUGH WE LOVED YOU DEARLY, WE COULD NOT MAKE YOU STAY.
A GOLDEN HEART STOPPED BEATING, HARD WORKING LANDS NOW REST.
GOD BROKE OUR HEARTS TO PROVE TO US, HE ONLY TAKES THE BEST.

On July 10th IER had a very special memorial gathering for one of our members who had passed away – Toni Greene. She was a very special lady who loved to walk, run and be a part of IER.

Over 40 members, plus the members of the Greene family met at the parking lot of Fairmount Park where Patti Kennedy gathered everyone for a group prayer. After the prayer, the group walked up to the bridge in Toni's memory and once we reached the top of the bridge we had a moment of silence. Toni, we love you, we will certainly miss you, but we will never forget you.

What a sight we made in our green shirts. There were many complementary comments made by individuals as we were walking. Christine had given each of the family members a club shirt to wear. Bill and family were pleased that so many of us came to walk in memory of Toni. There were several of her "buddies" from the Loma Linda Lopers that walked with us. Patsy Sapra was back and did the entire 3.5 miles.

The Greene family thanks you all. It meant so much to them.

P.S. Bill says he will be ready to take over his job of helping serve coffee this next week.

P.S.S. A disc of the pictures Janet has posted will be given to the Greene family.

CONGRATULATIONS SUSAN HARRIS!!!

National SkillsUSA Conference Results

The National SkillsUSA Conference was held in June 2010, in Kansas City, Missouri. Over 5000 students from all over the nation met to compete in many leadership and over 90 career technical areas.

Nine RCC students represented the state of California. Susan placed 2nd in Graphic Communications. WAY TO GO, Susan!!

World Famous Camp Pendleton Mud Run June 12, 2010

By Christine Timms

You all know me and Mud Runs - well it's hard to beat the World Famous Camp Pendleton Mud Run and June 12 was no exception.

Cliff, myself, Patti Kennedy, Yvonne and Lynne set out early to try to avoid the long lines at the CP Main Gate. We got there with no problem and picked up our bibs and T-shirts. Cliff had to wait for Tim and the rest of their team, so us girls got our free "before" photo and located Nancy who was with her family. We also met Mr. Muddy Suit Man from Northern CA. He is a Mud Run Fanatic and runs every one in a suit, white shirt and tie. If you do Facebook - check out his page.

Being a military event it started on time and off we went under a marine (how appropriate) layer and a few sprinkles. That quickly turned to a soaking from the fire hoses and there was no avoiding them as they got sly this year and had several more trucks. We saw several girls already hit the deck with injured ankles in the first 2 miles. Patti and I stayed together as we hiked up the long hill to the halfway point and Yvonne and Lynne charged ahead. There was plenty of water and mud in the river crossings and the first wall/mud pit was a bottleneck with a huge crowd. A handsome Marine helped me over the wall and I avoided falling in the stinking mud (for some reason this pit really does stink).

The lake crossing was rather deeper than advertised and Patti got a bit over her head (yeah, she's kind of short). A cute Marine life guard gave her a float and she got a tow and glided on past me across the 100 yard crossing. As we exited the lake Patti said "Well, that's off my bucket list."

The second wall was fun as the mud there was especially thick. There was a great deal of "accidental" falling in and good natured splashing. After that we crawled through the giant pipes and on to the big muddy hill. I made it about 3/4 of the way up and turned around to check on Patti. She was quite happy with a young stud on each side of her. Before I could continue up I got whacked in the head by a fire hose from about 2 feet away. Luckily, a nice man my own age (yes, about 45) caught me before I tumbled down to the bottom. We ran down the last steep hill to the final mud pit where I crawled through the deep mud and got yelled at the entire way by a female drill sergeant even though I was almost entirely under the mud. Boy, did she pick on me!

Lynne and Yvonne were waiting at the finish line and Lynne bought us some hot coffee which was very welcome. There was no sign of Cliff and his team so we wandered off to get our "after" photo and headed for the freezing showers. We finally found Cliff and Co. and eventually set off for lunch.

Yvonne, Nancy, Lynne and Patti all won age group awards so it was another successful event for Inland Empire Racewalkers.

Cliff's perspective:

Back in November Tim had asked me to be on his team. It was Tim, sisters Jen and Corky, Jens' husband, Mack and me. Those three were fast and finished in a little over an hour. Tim took a little longer (we finished DFL) and since you have to finish as a team I stayed with him. I also wanted to make sure the Marines didn't push his carcass into the bushes so they wouldn't have to do the paperwork explaining why they let a civilian die on their course.

He did make the most of it as he picked up an "escort" of two female Marines. They kept encouraging him to finish and generally were his mother hens. One stayed with him all the way into and through the final mud pit! As our teammates had long since left, Tim and I finished hand in hand with the Marines. I really wish I had a picture.

RUNS/WALKS AND SUCH

Mayors Midnight Sun Marathon, Anchorage, Alaska. June 19, 2010

Two of our members, Julie and Mike Thams (plus a niece of the zip editor) did this event this year. Julie did the half marathon in 3:05:21:9. Mike did the full marathon in 4:35:37:9. Meredith Ward finished in 4:32:30:7. Great times for all of them.

Rockin the Desert Mud Run – See Christine for exact date in August.

Christine would like to see a couple of 3-man teams do this 5K Mud Run. In Apple Valley.

FRUIT AND PASTA SALAD

Jenny's sister, Jean Seibert's salad, good for diabetics – served at 4th of July 2010 brunch.

1 box Acini Pepe 44 pasta (small rice shaped pasta)
1 can fruit cocktail
1 can pineapple chunks
1 can mandarin oranges

3 eggs, beaten
1 cup splenda (or sugar)
3 tbsp flour
8 oz cool whip (light or sugar free)

Cook 1-cup pasta, drain and rinse with cold water and set aside

Drain juice from fruit into saucepan.
Add beaten eggs, sugar (splenda), and flour to juice.
Cook until thick, stirring frequently.
Add to pasta, mix and refrigerate.

Keep fruit, pasta mix and cool whip separate in refrigerator until ready to serve. (If making the night before, fold cool whip into pasta so the pasta doesn't get stuck together.

Combine everything just before serving

WALKING EVENTS

As of 7/14/10

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

July, 2010

- *10-11 West Region Masters Championships, Site
- *22-25 USA Masters Outdoor Track and Field Championships, Sacramento, CA
- 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. Brunch to follow

www.rnrchicago.com

September, 2010

- 3-5 Disneyland ½ marathon weekend
- 5 Rock n Roll ½ marathon, Virginia Beach
- 11 LA County 12th annual Run for Health
- #18 Heart Walk at Fairmount Park
- 19 Boulder marathon/1/2 marathon

www.disneylandhalfmarathon.com

www.rnrvb.com

www.laccw.info

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
- 30 25th Annual Tram Road Challenge 6K uphill run and walk

www.runrocknroll.com

www.portlandmarathon.org

www.sumersault.ca

www.runlongbeach.com

www.rnrla.com

www.active.com/event

November, 2010

- 12 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

December, 2010

- 5 Rock n Roll Las Vegas, full and ½ marathon

www.las-vegas.competor.com

January 2011

- 16 Rock n Roll, Phoenix

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