

**CHICAGO WALKERS CLUB**  
**MEMBERSHIP APPLICATION**

*Please print clearly in ink.*

First Name \_\_\_\_\_

Last Name \_\_\_\_\_

Address \_\_\_\_\_ Apt. # \_\_\_\_\_

City \_\_\_\_\_ ST \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ (H) \_\_\_\_\_ (W)

Phone \_\_\_\_\_ (cell)

Occupation \_\_\_\_\_

E-Mail \_\_\_\_\_

*In consideration of my decision to participate in Chicago Walkers Club activities, I hereby, for myself, my heirs, executors, administrators, and assigns waive and release any and all right and claim for damages I may hereafter have against the City of Chicago, Chicago Park District, Chicago Walkers Club and its members, officers, leaders, organizers, sponsors, officials, their representatives, successors and assigns for any and all injuries I may suffer by reason of my participation in Chicago Walkers Club activities. I further attest and certify that I am mentally and physically fit to participate in all of the club activities.*

\_\_\_\_\_  
*Signature*

\_\_\_\_\_  
*Date*

Male  Female  New  Renew

**Committee Interests**

Membership  Social  Newsletter  
 Racing  Publicity  Training

**Membership Fee**  Single \$15  Family \$25

Family Members \_\_\_\_\_

*Annual Membership fee is due April 1. Additional \$5.00 is assessed for "renewals" after June 30. Membership fee for new members joining after October 31 will include April 1 renewal for first year.*

Club Shirt Fee: \$12  S  M  L  XL

Total Amount: \$ \_\_\_\_\_

Make check payable to: **Chicago Walkers Club.**

Mail to: Colleen Leahy, Membership Director  
2943 N. Seeley Ave., Chicago, IL 60618



Meets Every Saturday Morning  
9:00 AM – 10:00 AM  
East Entrance to Lincoln Park Zoo  
Cannon Drive, South of Fullerton  
Chicago, Illinois

[www.chicagowalkers.org](http://www.chicagowalkers.org)



*CWC Saturday Walk*

**Racewalk for  
Fitness, Competition  
and Fun**

## Chicago Walkers Club

### Mission Statement:

The Chicago Walkers Club is a racewalking club created to promote and offer fitness and competitive racewalking for all ages and fitness levels.

**Member Club #21-0230 of  
USA Track and Field of Illinois and  
Chicago Area Runners' Association (CARA)**

### Chicago Walkers Club (CWC) offers its members:

- 9:00 – 10:00 AM Saturday one-hour fitness walk for all fitness levels
- 9:00 – 9:10 AM Saturday brief racewalk technique instruction for new participants (from April to November)
- 6:30 – 7:30 PM Thursday speed and race technique training (from April to November)
- Annual “Diane Graham-Henry” 5K Club Race; USATF Illinois State Racewalk Championship and USATF North Region Racewalk Championship
- Shoe Clinics, Half-day Racewalk Clinics
- Speakers on health, nutrition, physical therapy
- Informative, quarterly newsletters
- Discounts at sponsoring athletic stores
- Club-sponsored social activities – ethnic dinners, summer brunch, Grant Park gatherings, pizza party, holiday party
- Club-promoted monthly long-distance walks open to all ages and all levels of fitness. Visit CWC’s Web site at [www.chicagowalkers.org](http://www.chicagowalkers.org) for more information.



*Indy 500 Mini Marathon Finishers*



*Annual 5K Race Start*

The Chicago Walkers Club was founded in 1986 as a racewalking club for fitness and health, as well as competitive sport. Our volunteer instructors teach racewalking for all fitness levels.

We begin our walk EVERY SATURDAY morning at 9:00 AM across from Lincoln Park Zoo's east entrance on Cannon Drive. The faster walkers circle the group, keeping all walkers no more than 150 yards apart. A free clinic is offered at 9:00 AM each Saturday from April to November for attendees new to racewalking.

In addition to Saturday fitness walks we encourage all walkers to participate in our numerous social activities and competitive events, everything from pizza parties to our annual 5K race to the Indianapolis 500 Mini-Marathon.

Whether you are an aspiring or experienced racewalker or just want to improve your health through fitness walking, join us on any Saturday morning. Our members range in age from 9 to 80 and come from near and far. While the majority of our membership is from Chicago, others come from as far as Naperville and Elgin.



*CWC's Annual Brunch*

## What is Racewalking? \*

Racewalking is an athletic event in which the object is simply to walk fast. The sport has been around for about 400 years, has been in the Olympics since 1908, and is literally the precursor of modern long-distance running

There are two technical rules in racewalking – in simple terms to be legal the racewalker must:

1. maintain contact with the ground at all times and
2. keep the knee of the supporting leg straight from the moment of foot contact with the ground until the leg passes under the body

### Racewalking for Fitness

For many racewalkers, fitness is the primary goal. They realize racewalking can carry them to any level of cardiovascular fitness and, when combined with a good strength training regimen, can help them reach their overall fitness goal -- whatever level that might be. Many, if not most, fitness racewalkers regularly participate in local runs, walks, and racewalks. They enjoy the competition not so much for the awards they receive but for the motivation such challenges provide during their everyday workouts. They are, in effect, competing with themselves and thereby measuring the success of their fitness program through participation in such events

### Competitive Racewalking

For many racewalkers competition is the name of the game. They train hard to beat other walkers, set new personal records, or even establish new world, national, state, or age-group records. While world-class athletes are capable of walking at very high rates of speed, local competitors typically race at between 8 and 15 minutes per mile --- with most racing in the 11 to 13 minute-per-mile range. Competitors range in age from under 10 to over 90 and, in the U.S., women outnumber men about 2-to-1. The American Masters 5k road race racewalking record for men is 20:12; the women’s record is 22:39.

*\*source: North American Racewalking Institute’s “Racewalking 101” and USATF (racewalking records)*