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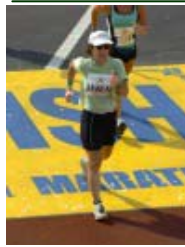
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Calendar

- **3/2** – LW Fox River Trail
- **3/28** – USATF Masters, Boston
- **3/30** – Pizza Party
- **4/6** – LW Great Western Trail
- **4/27** – Ethnic Dinner
- **4/27** – USATF Masters, Orlando
- **5/4** – LW Highland Park
- **6/1** – USATF National 10K, Albany NY
- **6/1** – LW Hyde Park
- **6/29** – Ethnic Dinner
- **7/13** – LW Waterfall Glen
- **8/7-10** – USATF Masters, Spokane, WA

Donald, Mickey, and Goofy - January 12, 2008 WALT DISNEY WORLD Marathon

By Sue Boose



In March 2007 Dick Beardsley who has the 5th fastest marathon time in American history (Boston 2:08:53, 1982) was talking to racers at the now defunct Momentum sportswear store. He spoke about restarting his running program in spite of the series of accidents and he spoke about a marathon event that gives you three medals for completing two races. I was intrigued. The event was the 2008 Walt Disney World Marathon, which provided that if you can run/walk a half marathon the first day and then run/walk a full marathon the very next day, you could receive three medals. I was so inspired by what I heard that I decided I would take on the marathon.

After some research, I signed up in May with Joints in Motion of the Arthritis Foundation who were doing a fundraising for the marathon and coordinating wannabes for the event. The training kicked off in June. I was just getting pumped up to do the fundraising and training when my whole world changed. On July 12, 2007 my Dad had a stroke

My family and I had to go through numerous heart-wrenching decisions about my Dad's treatments and the facilities to house him

Training Program

No matter how cold, snowy, windy or icy, we've had at least a handful or so hardy walkers every Saturday this winter. But it's hard to think about technique or speed when we're all bundled up, trying to avoid slips and falls. This spring we will offer opportunities to work on technique and speed and we will experiment with another new format for our 9:00 walks.

Proper technique isn't just for competitive walkers. It helps us walk faster, get fit, and avoid injury. And, if we don't use proper technique, how will we recognize each other out on the path? See page 3 for upcoming offerings.

Mixing in Some New Formats

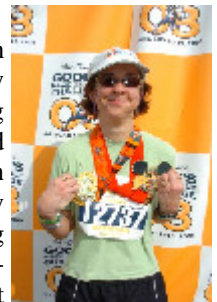
This spring we'll try another concept in our quest to improve the 9:00 workouts. The

in. As he lay semi-unconscious in the hospital, I was stressed-out by whether we had made the right decisions or whether we had made the decisions my Dad would have wanted. When we finally thought he had passed a critical stage, 18 days after his stroke, my Dad passed away suddenly due to an onset of high fever.

Through this three week ordeal, I lost 15 pounds. Training was the last thing on my mind.

Mounds of paperwork followed my Dad's passing. My parents and I had been very close and it was a difficult period for me to get through. I tried to put in some walks here and there in the months that followed. When October came, I wondered how I was going to do it. But the fundraising that I had started back in June was coming in nicely. I really could not quit, or could I?

I had always known that the trick to stay with any program is to find a willing partner. Luckily, I found Christine from my Joints in Motion team to train with every other Saturday. Besides being a great training partner, Christine was an ER nurse and I felt



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concept is small groups within the larger group. Each week we will form a few groups, which will each walk at a different pace. Each group leader will keep the group together, keep the pace steady, and get the group back by 9:55. All the groups will walk the same route, which may be around north pond, north to Belmont, or along the lake. The faster groups may still circle, particularly when we are going north to Belmont, but won't worry so much about keeping the whole group together. Everyone (except for group leaders and instructors) gets to decide which group to go with, and it won't need to be the same group every week. As before, instructors will be available to work with anyone wanting instruction.

What are we trying to accomplish? Each

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Officers (2007-2009)

PRESIDENT

I-Tsuay D'Arcangelis

COMMUNICATIONS DIRECTOR

Open

MEMBERSHIP DIRECTOR

Colleen Leahy

PROGRAM DIRECTOR

Donna Green

PUBLIC RELATIONS DIRECTOR

Bill Barnett

RACING DIRECTOR

Diane Graham-Henry

SOCIAL DIRECTOR

Kathy Kearney

TREASURER

Irmela Levin

Financial

Fiscal Year: April 1 - March 31

Cash as of 3QFY08 (December 31, 2007) was \$1,708.60.

Coaches

Diane Graham-Henry
Joan Grossman

Membership

Annual membership follows fiscal year calendar. A late fee of \$5 is assessed for members renewing after June 30th. New members who join after Nov. 1st will be considered as prepaid for the following year. Waiver must be signed every year.

There are 138 members currently.

Chicago Walkers Club

(CWC) meets in Lincoln Park, across from the east entrance to the Lincoln Park Zoo on Cannon Drive, just south of Fullerton every Saturday at 9:00 a.m. year round.

CWC teaches racewalking for all fitness levels and is run by a dedicated group of volunteers.

Free racewalking clinics are offered at 9:00 a.m. each Saturday morning from April through October.

Visit our website at:
www.chicagowalkers.org
Produced by club member Mark Sekelsky, our wondrous Web-master!

Chicago Walkers Club
P.O. Box 101220
Chicago, IL 60610
President@ChicagoWalkers.org

President's Desk

It never ceases to amaze me when I see brave souls show up at the Saturday walk on very cold winter days. On one of those Saturdays in February, eager to get out of the cold, one fellow walker asked, "Why do we need to stretch?" The simple answer to stretching after a workout according to Mayo Clinic is "to promote better range of motion of your joints and to improve your flexibility, balance and coordination." The muscles we use during racewalk are anchored by tendons to bones; activities will inherently cause them to contract and flex. Stretching will relax the muscles and prevent them from getting tight. You will generally "feel" the benefit of stretching if you have had a "good" workout. One caution about stretching – you should not stretch before the muscle is warmed up. You also want to make sure you don't over stretch; the general rule of stretching is no bounce, no pain and no more than 20 seconds for each stretch. There have been some debates about stretching in recent years. For more information, go to www.mayoclinic.com or http://www.cmcrossroads.com/bradapp/docs/rec/stretching/stretching_1.html where someone compiled a lot of information on stretching from

Donald, Mickey, and Goofy — cont'd

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she would be ready to "save" me if needed.

On the other Saturdays, I walked with the Chicago Walkers at 8A.M. and continued through the 9A.M. sessions to get in enough miles. Sometimes, I'd be lucky enough to find someone to continue to walk with me after the 9A.M. sessions. I also started walking with Doris McGuire and Donna Green on Sundays. We mostly trained in Oak Brook, but we also went to Waterfall Glen and sometimes walked indoors when the weather was bad. Doris and Donna were very kind to slow down their pace and walk with me even though Rich McGuire kept his usual pace off in the distance. Joan Grossman and her friend, Ken Fecko, were also great training partners for very cold winter days. My training was back on track finally.

January 12 came quickly and it was time to get down to Disney. A three-hour flight delay along with other mishaps added to the anxiety that had already set in. The morning of the half marathon started with breakfast at 2:30A.M., boarding the bus at 3:45A.M. and a half-mile walk to the corral in the dark - I asked myself, "what am I doing here?"

Disney showed me and the other racers her magic as soon as we arrived. There were Disney characters, music, volunteers, water and porta-potties (a.k.a. blue boxes). I was immedi-

various sources.

Spring is almost here, your board has been discussing how best to provide a good workout program for the club members. We want to try some different mixes and hope that will help you achieve your goal of getting more fit and/or better at racewalking. Donna Green, our Program Director, explains this in detail in the Training Program section in this newsletter. You may also want to check out her training program on the Web site. Following the program will help improve your endurance if nothing else. Let's racewalk for fitness and fun!

Lastly, please mark your calendar for CWC annual Diane Graham-Henry club 5K race that will be held on Saturday, September 20.

Walk smart!

I-Tsuay D'Arcangelis

Please welcome our
new members:
Camille Chatman
Julie Hicks
Ana Maria Keating
Walter Keating

ately energized! I was excited! I ready! The gun went off at 6A.M. Throughout the race, entertainment flashed on huge screens for all to see. More blue boxes were available with no lines! We went through the Magic Kingdom, the castles, and finally ran/walked to Epcot for the finish.

Did I say finish? It was more like an intermission. We now had to prepare for the next day, Sunday, and repeat the same sequence and much more for the full marathon.

On Sunday, we went though all the parks at Disney World. Some racers were taking pictures with the characters. For me, mile 7 felt like the longest mile I had ever done until I realized that I missed mile marker 8 when I came upon mile 9. Bananas were great at mile 18 and mile 22. Mile 23 somehow was one of the hardest for me since I thought I had finished mile 23 and was already on mile 24 heading toward mile 25. I was not happy when I came upon mile marker 24. The last mile was "glorious," I decided to finish it by race walking to pay tribute to all my Chicago Walker Club friends. For the half marathon, I finished 2:53.26 and I finished 6:05:05 for the full marathon.

Any one interested in training for the San Francisco marathon? The reward is a Tiffany necklace!!!

Racing Juice



Indianapolis Mini Marathon

It's a very busy year coming up. And training is the key. Keep in mind, form, endurance, and speed...in that order. The club coaches are at your disposal to get ready.

2008 as it stands now:

- 3/28 – USATF Masters Indoor Track and Field, Boston, MA
- 4/13 – Race That's Good For Life 5k, Oak Park, IL. www.oprc.net/race
- 4/27 – USATF National Masters 20k Race Walk Championships, Orlando, FL
- 6/1 – USATF National 10k Race Walk Championship, Albany, NY
- 8/7-10 USATF National Masters Track and Field Championship, Spokane, WA
- 8/17 – USATF National 14k Race Walk Championship, Minneapolis, MN
- 9/20 – CWC 22nd Annual Diane Graham-Henry 5k Race Walk, State and North Region.
- 10/3 – USATF National 5k Race Walk Championship, Kingsport, TN
- 10/12 – USATF 1-Hour Race Walk Championship, Waltham, MA
- 10/26 – USATF 30k Race Walk Championship, Hauppauge, NY

Many of the above events can be found on the USATF Web site,

www.usatf.org

We'll be keeping you all informed as races, National or North Region, come to us. Please check the Web site often.

22nd Annual!!!

Make sure you definitely mark your calendar for the club's annual race, September 20. We're looking for people to work on the race committee. Please let me, or any of the board members know your interest to help make the 22nd annual a great success.

Awarded Official

Many of you know the sport of racewalking does not exist without the officials. It is a sport where officials make sure the competition is fair for all competitors. Joan Grossman was honored for her outstanding service as an official in 2007 by Win Eggers, Officials Chair of USATF Illinois, and representative of the National Officials Committee. She received this honor at the October 28 One-Hour Postal Race Walk. She officiated many local, regional and national championships over her many years as a Race Walk Official. (See photo at right.)

Diane Graham-Henry

Training Program—cont'd

(Continued from page 1)

smaller group will be able to concentrate on its own pace without worrying about the larger group. By concentrating on pace, and technique, each walker will be able to focus on getting better and faster through the season.

Don't worry if this new system sounds confusing; we will explain it thoroughly before we give it a try. As always, we'll need your feedback to make it work.

Times and Dates - upcoming offerints

- 8:00 Saturday **threshold interval training** continues – weather permitting.
- 6:30 Thursday night **tempo training** starts on **April 17**. Meet in front of the field house near the pedestrian bridge; be there at 6:30 warmed up and ready to go.
- Saturday **April 12** from 9:00 to 10:00 (or to 11:00 for anyone wanting to stay longer) - **interactive clinic** at the Lincoln Park Cultural Center on Stockton across from the main zoo entrance.
- **Videotaping on May 10**, from 8:00 to 10:00, in the zoo. You'll see yourselves why the instructors keep telling you to pull your elbows back, lift your toes, move your hips, or whatever. Look for signup sheets in late April. There will be a \$10.00 fee for videotaping.
- **The aerobic mile**, and the occasional aerobic 3K, will be back this year on the first Saturday of the month from May through September

Donna Green



Wanted — want to do something interesting? The board needs a Communications Director. Please contact any board member if interested.

Socials

I have tentatively set up a social event calendar for 2008, which promises to be another fun year. I have included suggestions from the social survey provided earlier. We will be dining at ethnic restaurants and celebrating Oktoberfest in addition to our annual brunch. The pizza party will be at Father & Son and the format will change. Please see the enclosed flyer. I will schedule outdoor concerts this summer as well as well as a Theatre on the Lake outing. The first ethnic dinner was at Costa's in Greek Town. The group enjoyed the ambience and the food.

Check the Web site often www.chicagowalkers.org for upcoming events.

We celebrated another wonderful holiday party this year. As always the mood was festive and members and guests feasted on a fabulous array of food and drink. We listened and danced to live music provided by Gary Sobel which added to the festivity. This year we incorporated a white elephant gift exchange which the majority of guests participated in. This generated many laughs and ooh's and aah's! Thank you to all the volunteers who made this party another success, namely Bill Barnett, Manny Eckert, Terry Jessen, Pat Leshuk, Doris and Rich McGuire, Irmela Levin, Lee Wolin, Donna Green, Mary Kohout, Marilyn Sweeton and Tom Wolis. A special thank you to Susan Gauen for graciously hosting the party.

Long Distance Walk

We have launched a new 2008 long distance walking schedule which is posted on our website. We have incorporated some new walks this year and each walk is approximately 6 to 11 miles in length. It is suggested that you call the leader a day ahead to insure the walk will not be cancelled because of poor weather.

Kathy Kearney