



CWC is very fortunate to have the following sponsors who provided food,, drinks, prizes, and gift certificates at the annual 5K race. Please stop by at their stores and support those who have supported us.

- Fleet Feet Sports, 1620 N. Wells St., Chicago
- Great Harvest Bread Co. , 2126 Central St., Evanston
- Goose Island Brewery, Chicago
- Lincoln Park Market, 2500 N. Clark St., Chicago
- Murphy's Fit, 513 Dempster St., Evanston
- New Balance, 2369 N. Clark St., Chicago
- Universal Sole, 3052 N. Lincoln Ave., Chicago

Chicago Walkers Club
P.O.Box 101220
Chicago, IL 60610

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Newsletter

NOVEMBER 2008

RACEWALK FOR FITNESS AND FUN

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Racing for Our Wounded Soldiers - Marine Corp Marathon D.C.

By Jim Pedersen

Rick Daitchman and I completed the Marine Corp Marathon on Sunday October 26. We crossed the finish line together as we trained together. I may have slowed Rick down a bit but "Don't leave your wing man!" was our motto for the race.

For our efforts in the Marine Corp Marathon, our finish time was



The morning was crisp in the low 40's with a mist in the air. As the sun rose to a full sunny day, the temperature climbed to 62 degrees, very comfortable for a long run. The race started north of the Pentagon near Arlington National Cemetery progressed to Arlington then on to Spout run, across the Potomac to Georgetown. The first 10 miles were the hills through Arlington and Georgetown. We progressed along the Potomac past the Kennedy

Center, down past the Lincoln Memorial to Hains Point, back north towards the monuments, down Pennsylvania Avenue towards the Capital, past the Washington Monument across US395 to Virginia again, around downtown Crystal City, past the Pentagon and then the turn up the final .2 miles up hill to the finish line at the Marine Corp Memorial (Iwo Jima).



We took a few stretch breaks to prevent some cramping and a nature stop of course! ;-) I played travel agent pointing out the sites as this was Rick's first trip to D.C.

It was quite an experience as the Marines were along the route cheering us on and handing out POWERade and water. We made a point to give a "shout out" of a big THANK YOU to each and every Marine we saw. At the end they draped warming blankets and a few more steps a very impressive metal around

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Calendar

- 12/7 – LW Kline Creek Farm
- 12/13 – Holiday party
- 1/1 – LW Holiday City Walk
- 1/25 – Chinese New Year party
- 2/1 – LW Fullersburg Woods
- 3/1 – LW Blackwell Forest Preserves
- 4/5 – LW Des Plaines River Trail
- 5/2 – Indy Half Marathon
- 7/28 – World Masters, Finland

Training Program

Schedule

- 8:00a.m. Saturday threshold interval training continues.
- 9:00a.m. We continue to emphasize form and provide instruction at 9:00 Saturday sessions.

Sixteen Chicago Walkers attended a clinic on October 4 with Jolene Moore. For everyone who attended – and those of you who didn't - Jolene asked me to pass along these key points:

- With racewalking you start with the fundamentals – that's why we spent time on drills and stretching.
- The purpose of the mobilization exercises is to "get the blood pumping." These exercises are good to do before a race.
- Drills are for practicing technique.

- You can email Jolene at jm@jmcompletelife.com if you have any questions. Jolene says, "Racewalking is hard; keep up the hard work."

Jolene taught us some good technique drills which we will incorporate into our Saturday walks.

The next World Masters Championships are in Lahti Finland July 28 to August 8, 2009. We're aiming for a big Chicago Walkers turnout. Updated training schedules will be posted on our web site it late November. Until December, take it easy and recover. Don't stop walking but cut back on weekly miles and limit hard workouts. Then in December work on increasing mileage (to increase endurance) and – as always – work on improving form.

Donna Green

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 2QFY09 (September 30, 2008) was \$2,670.53.

Coaches

Rebecca Gilman
Diane Graham-Henry
Donna Green
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 140 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 Web site at: www.chicagowalkers.org produced by club member Mark Sekelsky, our wondrous Webmaster!

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

President's Desk

We have had some amazing achievements this year from Sue Boose's back to back half marathon and full marathon to Rick Daitchman's two full marathons and Jim Pedersen's official and unofficial 1.85 marathons in two weeks. Interlaced with the fabulous 22 at the Race for a Safe State – violence against women and girls and the 2nd place finish at the Minneapolis National USATF 15K by our dynamic trio – Donna Green, Doris McGuire, and Rebecca Gilman and many more races too numerous to list, what a year we've had!

Now that the months of competition are just about behind us and it's time to put our focus on improving racewalking forms again. As our Program Director, Donna Green, stated, we will be introducing some of the drills from the recent clinic we had with Jolene Moore. We plan to introduce them after the usual 10-minute warm up. Be prepared to join in.

At the beginning of the fiscal year, it looked like we might need to raise membership fees for the coming fiscal year, but after all the board directors managed to tighten their budgets

Member Profile

By Pat Ramos



She's been racing over ten years, but doesn't think about past races only the next race. She's not fast, she's persistent. She picks up racing buddies, but prefers being alone with the earth and sky. Chicago Walkers, meet Helen Meier.

Helen began racing at age 65 after spending a lifetime avoiding field sports. She realized she won her first race when she came to the end of the course

Racing for ... -cont'd

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our heads.

Rick and I did this marathon for the Azalea Charity's Run for the Wounded Soldiers. We appreciate all of those that sponsored this great cause. All collected funds go to the aid of the returning wounded. Thank You! By the way, Rick was the Top Fund Raiser for our team raising \$6,350 with me 2nd raising \$3,500!!!

Maybe even more worth noting is that Rick finished the Chicago Marathon just 2 weeks earlier. I helped pace with him for 22 miles in that race. The temperature was in the low 80's. It was a fairly flat course, quite different than MCM.

Last but not least, my wife, Jan, completed the Marine Corp 10k race, her first race ever. We are a proud group of racewalkers!

and our lucky break from the park district on our club race registration fee, Irmela Levin, our Treasurer, was happy to report that we will be maintaining the same \$15 annual membership fee for the coming fiscal year.

As the calendar year comes to an end, we are preparing for the end of the 2009 fiscal year and the end of two-year term of the current board. Rebecca Gilman has graciously accepted the nomination of the board to lead the effort to create a slate for the next board. As a reminder, board elections will only be held for any contested positions. Anyone interested in holding any board positions should contact Rebecca.

Winter is fast approaching, as you can tell from the recent drop in temperature. Remember to layer your clothes with the most inner layer being anything but cotton. You may also want to bring water as the water fountains will be shut off during the winter months.

Walk safely!

I-Tsuay D'Arcangelis

shoulder to shoulder with a six-foot woman who just happened to be in first place. Just a short eleven years later, she's ranked third in CARA. Her best time in 2008 to date is 15:12 per mile. This year she intends to complete a total of 25 races.

Helen completes these races using her own version of race walking. Since Diane Henry persuaded CARA that race walking is running, Helen's worked for her CARA ranking by competing in everything from 5ks to marathons. She limits herself to races in Chicago although she first joined a national group.

(Continued on page 3)



Please welcome our new members:

Yvette Jefferson
Carole Sciarine
Colleen Kelley
Nancy Helmke
John Helmke

Racing Juice



Chicago Walkers Annual 5K

What a great Annual Chicago Walkers Diane Graham-Henry 5k we had on September 20. The weather couldn't have been better. And we had a great turnout. All went smoothly thanks to our wonderful volunteers and officials. And the sponsors came through with great prizes, including a special gift for first male and female from Universal Sole. We had a lot of our new racewalkers finish well in this year's race. The complete race results can be found on the club website.



The Chicago Walkers Members Awards went to Claire Holland with best first time racer, with a finish of 37:49. Larry O'Brien was best first time male with a finish of 30:48. Most improved from previous year went to Doris McGuire with an improvement of 30 seconds, 33:09 in 2008, 33:39 in 2007.

Detroit Free Press Half Marathon

Our three racewalkers at the Detroit Free Press Half Marathon competitive racewalk on October 18, came home medal winners. In the Women's 55-59, Donna Green came in first with a finish of 2:27:43, and Doris McGuire finished close behind for third place and a personal record with 2:29:00. Rich McGuire finished first in the Men's 60-64 for a finish of 2:16:23. Congrats to them all.

Marathoners Among Us

See the lead story in this newsletter on our hard-training marathoners... Rick Daitchman and Jim Pedersen at the Chicago Marathon, and the Marine Marathon in D.C., just two weeks apart. We also had Ray Glend complete the Chicago Marathon this year also in a finish of 5:52:45. He and Rick also completed the Chicago last year.

Diane Graham-Henry

Member Profile - cont'd

She recently did the Hot Chocolate 5k and came away with a bag of goodies including a fleece jacket and enough chocolate to last until Christmas. She saves her route maps, bibs, t-shirts, medals and other memorabilia from these races, but never looks backward.

To keep in shape, Helen aims to work out at the park district fitness center five mornings a week and regularly manages four work outs. With her trainer, she works on strength and balance. Not bad for women who focused on dancing, swimming, golf, tennis and yoga in high school and college.

In her "spare" time, Helen sings with a group from Music Theatre Workshop. She learns lots of new songs, but had the opportunity this year to sing "Build You House Wisely" – a song she first sang 15 years ago. Helen also helps out with fundraisers, attends art lectures, reads and experiments with things like cooking wild salmon. For 45 years she was on the Salvation Army's metropolitan division women's auxiliary board.

Chicago Walkers, you've just had glimpse of Helen Meier, but you should know enough to realize this is just a glance at a woman who deserves to be studied in depth.



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

Kathy Kearney

Socials

Dining Experience

We celebrated Oktoberfest at the Brauhaus on Sunday, October 25. Nine people attended and all agreed the entertainment was fun and the food, as always, was very good.

Upcoming Events

We are looking forward to our annual holiday party at 2800 N. Lake Shore Drive which again will be hosted by Susan Gauen. Flyer is enclosed for your review. We will again have our white elephant gift exchange. This is strictly voluntary and for those who participate, please bring a wrapped item that you no longer have need for. Everyone will receive a number and when your number is called you open a gift of your choice. Anyone then is eligible to "take" your gift and if they do, you open another one.

Long Distance Walk

We made our traditional autumn voyage to Starved Rock to see the colors



of the leaves turning, the Illinois River, wildlife, and waterfalls. The trip was led by Liz Wells.

The schedule for 2009 has been completed and there is a very nice mix of walks this coming year. We hope to see more of you out there – the walks are non-competitive and they provide an enjoyable morning of beautiful scenery. Most of us typically meet for lunch after the walks. Please refer to the schedule on the front of the newsletter.