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Newsletter

MARCH 2009

RACEWALK FOR FITNESS AND FUN

In this issue

IN MEMORY OF JOAN ...	1
TRAINING PROGRAM	1
PRESIDENT'S DESK	2
RACING JUICE	3
SOCIALS	3
LONG DISTANCE WALK	3
AWARDS AND HONORS	3

In Memory of Joan Ellen Grossman

Chicago Walkers member and coach Joan Grossman passed away December 27, 2008. Upon joining the club over 12 years ago she became an avid fan, competitor, instructor, coach and official of the sport of racewalking. Even though she was not able to participate as much in the last few years, she always came through when we really needed her. She was a true asset to the club.

A collage of excerpts below from different sources was put together in memory of Joan. You will also find a personal tribute from Diane Graham-Henry (see insert).



of the University of Iowa Law School, she had a master's degree in social work.

Mrs. Grossman joined the legal department of First National Bank and remained with its successor financial organizations until 2001.

She became a certified personal trainer and established Ageless Fitness, developing customized workout programs for clients age 50 and older.

Mrs. Grossman served on the board of Victory Gardens Theater for three years and established Casting Auction, a major annual fundraising event. She also was a board member of the Lakeview Pantry and a judge of race-walking events. Survivors include her husband, Chicago attorney Steven A. Grossman.

Calendar

- 3/1 – LW Blackwell Forest Preserves
- 3/15 – USA Masters, Huntington Beach, CA
- 3/20-22 – USATF Masters Indoor, Landover, MD
- 3/21 – Dim Sum Party
- 3/22 – USATF IL RW Official Training
- 4/5 – LW Des Plaines River Trail
- 4/19 – LW Morton Arboretum
- 5/2 – Indy Half Marathon
- 5/3 – LW Highland Park
- 5/17 – USATF Masters 15K, Riverside, CA
- 5/24 – Dining Experience
- 5/30 – USA 10k, Albany, NY
- June – Theatre on the Lake
- 6/7 – Chicago Marathon
- 6/7 – LW Dunes State Park
- 7/12 – LW Fox River Trail

ISBA Bar News January 2009 -

Chicago attorney Joan Ellen Grossman, formerly Joan Young Willis, died Dec. 27 at age 61 of lung cancer in the Midwest Palliative and Hospice Care Center, Skokie. A 1979 graduate

Training Program

Schedule

- 8:00a.m. Saturday threshold interval training continues weather-permitting.
- 9:00a.m. We continue to emphasize form during the colder months.

Spring Training

While racewalking form will always be our goal, we will work on endurance this spring by training for the 13.1 Chicago Half Marathon (June 7.) We will turn our attention to more focused speed work this summer so we are ready for our club 5K race in September. Here's the plan for this spring:

Start now to build a base of walking at least 15 miles per week. We walk 3 to 4 miles on Saturdays. Do 2 to 3 miles a couple of other days a week and add a little more distance each week so that you are up to 15 miles by early April.

Register for the 13.1 Chicago Half Marathon. Go to <http://www.131chicago.com>.

Retire Happy

by Gerri Willis and Lauren Young, Smart Money – March 31, 2003

Following a dream can also mean using retirement as an opportunity to pursue work that was not financially practical earlier in life. So it

(Continued on page 2)

Let me know of your intentions to do the race and/or training so we can be sure to inform you of upcoming training events.

Beginning the first week of April we will start training for the 13.1 Chicago Half Marathon. Attend our first clinic. This will be a chance to go over racewalking form and racing tips. It will take place during our regular Saturday workout. All Chicago Walkers are encouraged to attend, even if you are not training for a race.

You may notice that some of our competitive walkers may disappear for weekends or weeks at a time from May to August, they are off doing races. If you are interested in participating in races such as the USA Masters Outdoor Track & Field Championships (<http://www.usatf.org>) July 9-12 and the World Masters Championships in Lahti, Finland, (<http://www.usatf.org> or www.wma2009.org) from July 28 to August, please let me know soon for training assistance.

Doris McGuire

Officers (2007-2009)

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Financial

Fiscal Year: April 1 - March 31

Cash as of 3QFY09 (December 31, 2008) was \$2,502.86 .

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

It is with great sadness to have one of our best no longer with us - Joan, you will be sorely missed. Please read the leading article and the insert of this newsletter.

We had a board director change last month: Donna Green took on a new career challenge in Washington D.C. and Doris McGuire has taken over her position as the Program Director for the remainder of the two-year term. We know Donna will visit often whenever she comes back home in Chicagoland and we are very lucky to have another athlete of the same caliber to take charge the programs.

Speaking of the board of directors,, Rebecca Gilman, the election committee chair, is putting together a slate of candidates for the next term that starts June 1, 2009. Please contact her at becky1040@aol.com to volunteer on the board. **WE NEED YOU!**

Diane Graham-Henry was voted the recipient of the 2008 Mike Riban Outstanding Contributor of the year; she was also chosen as assistant coach to the USATF Team going to the America's Cup Race Walk Championships.

In Memory of ... -cont'd

(Continued from page 1)

was with Joan Grossman. A former municipal bond attorney at Bank One in Chicago, Grossman, 61, has been a fitness addict since she started lifting weights in her late 30s to combat lupus. In 1999 she placed first in her seven-state region in a 10-kilometer USA Track & Field-sanctioned race-walk. And despite her high-pressure job, Grossman still found time for rigorous exercise every day.

In May 2001, after a 25-year career as a corporate lawyer, Grossman retired and took up a second career as a personal trainer specializing in older clients. "I never thought about retiring in the traditional sense," she explains. "I have never thought about not being active and engaged in a profession or intense hobby."

Grossman says she was inspired to take up fitness instruction in part by the young trainers she saw working with older people. "They had taken all the right courses, but they did things that appalled me," says Grossman. "You have to live in a 50-year-old body to know what it feels like to lift weights behind your neck or do walking lunges with bad knees." She now sees as many as 10 clients a week and has a newfound energy. "I can't wait to get started every day," she says.

Lawyer became personal trainer

By Trevor Jensen, Chicago Tribune – December 30, 2008

Former bank attorney participated in competitive racewalking and started Ageless Fitness for

Please see details on page 3.

I hope you all have taken the opportunity of the winter months to focus on your forms as we are moving into endurance training with spring approaching.

We plan to continue with two training programs: one for a longer race, the Chicago Marathon in June, and one for our club 5K tentatively scheduled in September. You don't have to compete to participate in the training programs, they work wonders for fitness as well.

As the weather gets warmer, it seems everyone is coming out from hibernation. I hope to see even more of you coming out to enjoy the workout, the company, and maybe a bite at Nookies. .

Walk safely!

I-Tsuay D'Arcangelis

Please welcome our returning member:
Ida Lockett

clients 50 and older. Joan E. Grossman spent two decades navigating complex financial deals as an attorney with First National Bank of Chicago and its successors.

But seven years ago, she gave up law to launch a second career as a personal trainer, making a career out of an avidity for fitness that ranged from triathlons to competitive racewalking.

Mrs. Grossman started at what was then First National Bank of Chicago around 1980 and over the next 20 years she had a hand in the financing of expansion projects at Northwestern Memorial Hospital, O'Hare International Airport and an airport in Downstate Bloomington. She also was the bank's counsel in several deals involving the Navajo Indian nation, her husband said.

In the mid 1990s, she discovered the sport of racewalking through the Chicago Walkers Club. She quickly started competing and doing well in age-group events, and served as a judge at meets throughout the Midwest. She was chosen as the chief judge for a national 15-kilometer event summer 2008 in Minneapolis.

.... She took classes (in 2001) that allowed her to be certified as a personal trainer, then started Ageless Fitness for clients 50 and older. She developed customized programs for clients and conducted workouts in their homes or at local gyms. Attorney Alan Borlack worked out with Mrs. Grossman for eight

Racing Juice



USATF North Region Championships through May

- March 6, Indoor 3000m, Louisville, KY, contact will be listed on our Web site
- May 3, 20k, Dayton, OH, mv_tc@sbcglobal.net
- May 17, 10k, Dearborn, MI, frankSoby@comcast.net

USATF National through May:

- March 15, USA Masters 20k, Huntington Beach, CA
- March 20-22, USATF Masters Indoor, Landover, MD
- May 17, USATF Masters 15k, Riverside, CA
- May 30, USA 10k, Albany, NY

These events can be checked on the USATF website, www.usatf.org under events.

Race Walk Officials Needed

The USATF Illinois Association will be hosting a Race Walk Officials training in March 21 at my house. Officials are retested between Olympics, with certification lasting 4 years. We have recently lost two good officials, Joan Grossman, and Donna Green (may not be available now living and working in D.C.). The sport of racewalking is dependent on qualified officials to maintain fairness in the sport for all competitors. If you are interested in becoming an official, please contact Diane Graham-Henry at 773/327-4493, or arcaswiss@aol.com.

Diane Graham-Henry



Awards and Honors

Diane Graham-Henry was voted the recipient of the 2008 Mike Riban Outstanding Contributor of the year for her generous hosting of the National Junior and Collegiate ID Camp in Chicago in June. The award was presented at the National USATF Conference in Reno, Nevada in December 2008.

At that meeting Diane Graham-Henry was also chosen as assistant coach to the USATF Team going to the America's Cup Race Walk Championships in San Salvador, El Salvador, in late April. The event is held every other year, and includes all qualifying athletes from North, Central and South America.



In Memory of ... -cont'd

years, starting as he worked his way back from hip-replacement surgery. He said his conversations with Mrs. Grossman were as stimulating as the physical exercise. "Working out with Joan, you rarely noticed the physical effort because you became so absorbed in talking with her about just a wide range of things," Borlack said. "After a workout, I didn't feel the pain. I just thought about how much fun this had been."

Born Joan Young, Mrs. Grossman grew up in Davenport, Iowa. Her family was poor, and she made her way through the University of Iowa on a music scholarship, playing the flute. She went on to receive a master's degree in social work from Iowa, then worked for a couple of years in that field before getting a law degree, also from Iowa.

In 1980, her future husband (then boyfriend) was on the board of Victory Gardens Theatre when she suggested the idea of having people pay for the right to appear in a play that would then be staged as a benefit for the organization. Called the Casting Couch Auction in its first year; then renamed the Casting Auction, the event has become one of Victory Gardens' top fundraising events and is now in its 27th year. The lead role for this year's production of "Mame" went for \$19,000, theatre spokesman Jay Kelly said. "Her legacy is still with us these many years later,"

Ageless Fitness, Joan Grossman

Build muscle and bone at any age. I am Joan Grossman, a personal trainer certified by the National Council of Strength and Fitness and I have a Senior Personal Trainer Certificate from the Senior Fitness Association. I specialize in deconditioned adults. I can design a specialized work out for you. We can meet on a regular basis, I can develop a program for you to do on your own or help you 'build' a home gym for less than \$50. I think resistance work should be fun as well as beneficial.

Did you know that you can predict who will remain independent as they age by the amount of their lower body strength?

Did you know that studies show even 80 year olds can build bone by doing weight bearing activity?

It is never too late to start improving your health and your life.

Socials

Upcoming Events

I have tentatively set up a social event calendar for 2009 which promises to be another fun year. I have included our dining experiences at various restaurants in addition to dim sum in March replacing the annual pizza party. This summer will include outdoor concerts and a Theatre on the Lake outing. Hopefully there will be a better response to the summer activities than last year. Check the website www.chicagowalkers.org often for upcoming events.

Holiday Party

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 music provided by Donna Green and family. She selected various songs with a "walking" theme which was enjoyed by all. This year we continued our white elephant gift exchange which guests had fun with. This generated many laughs and ooh's and aah's! Thank you to all the volunteers who made this party another success from set up to cleanup and errand running to purchase beer, wine, soda, ice and poinsettias. A special thank you to Susan Gauen for graciously hosting the party.

Long Distance Walk

We have launched a new 2009 long distance walking schedule which is posted on our Web site. 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 ensure the walk will not be cancelled for any unforeseen reasons.

Kathy Kearney



Diane Graham-Henry received 2008 Mike Riban Outstanding Contribution to Race Walking award.

My Friend, Joan By Diane Graham-Henry

Some people come into your life like they'd been there all along. That was Joan to me. One can count on one hand the friends who come to you as a complete event, no explaining, just



Joan received an outstanding services award from USATF for her contribution to racewalking.

understanding. That was Joan to me. She came into my life as a new race-walker, so many years ago, I lost count. She took to the sport like a fish to water, and learned it quickly. She became my stalwart training partner, race competitor, and fellow instructor and official. We spent many, many miles and hours of chatter and humor while

training for various events. Sometimes I would have to stop walking because she'd make me laugh so hard. She would occasionally apologize. If we weren't racing, we were officiating racewalks and track meets, traveling to stand for hours on hot or cold tracks and race courses. Joan never complained, even when it was bitter cold and her fingers would go white. We had a common post-event reward, "where's the nearest microbrewery?" And believe me, she and I found them wherever we went.

Joan excelled at everything she did. In 2007 she received the top honor in USA Track and Field for her outstanding service as an official. This year she was chosen to be chief race walk official at the National 15k championship in Minneapolis. Yes, we found a microbrewery.

Several years ago she asked me if I'd like to do a triathlon. At first I wasn't sure because I didn't have a good bike. She solved that. She had me get on her Terry and that was it, I was hooked and directly bought one. She admitted there was one issue...she'd have to learn to swim. And she did...classes at a gym, instructions from me in her building's pool, and the "fairly scary" swim she didn't enjoy in Lake Michigan. She said she didn't like not seeing the bottom, or even worse, not knowing where it was. But she was seriously determined, to say the least. We did our first triathlon at the Danskin in Naperville. She swam the stroke she felt comfortable doing, the backstroke, this way she didn't have to look into murky waters. She bumped into buoys and barriers, and was asked by a couple lifeguards if she'd like to quit. "No!" I didn't train to quit! she told me later. But she did have a good cry of relief when she finished that portion of the event. As a seasoned cyclist she excelled in that part of the tri. When I met her at the finish, she said, "I'm never doing that again!" I reminded her that she got this far, she could do it again. "Never!" she yelled. That same summer I did the Chicago Triathlon feeling my oats driven by her encouragement. So I said, which one are you doing next? Ok, ok, she said, "I'll do the kiddy one up at Montrose!" And she did. I haven't done another triathlon; But Joan kept at it and continued to do indoor

triathlons, where she could see the bottom of the pool! "I learned how to swim", she'd say, "might as well keep going." It made me smile every time she did one. She truly had mindset.

She and I enjoyed the journey to the event and beyond. And she rewarded me after our first triathlon with a photograph a friend of hers took of me leaving the swim and running to the exchange to start the bike. It has these words on it, "How long has it been since you did something for the first time?" I proudly have it hanging in my office.

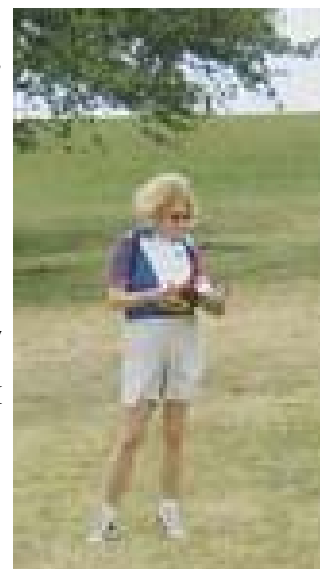
We shared many things, in a trade off-kind of way. My love of swimming helped her toward her triathlon, and her love of biking brought me to that sport, although she always rode in front of me on our many bike treks, caringly pointing out holes and cracks in the road. We shared clothes, shoes, music, books, and ideas about sports and training. She was my cheerleader in all my endeavors; article deadlines, race events I was organizing, my newfound sport of rowing, all my crazy projects and the love of travel, especially Italy.

I in trade, cheered her on when she decided to move her career to fitness training. This may have been a surprise to some, but to me it seemed so natural for her. And, of course I became one of her trainees. As always we would laugh through all the workouts. She would sternly say, with a smile on her face, no matter how tired I came to the sessions, "the finale will be"... I knew what she would say and cringe. "Yes, Diane, that will be 10 push-ups!" These were not girly ones, but the real thing. With her hands on her hips, "We do these because we CAN!" she would always add! "And at our age this is good!"

The last time I worked out with Joan was the 13th of November. She was kind to me that day, since I had been traveling so much, and not in tip-top shape. "Oh, I'll give you a break. That will be ten push-ups." And for her, I'd do them, knowing I probably wouldn't do it without my cheerleader.

Before leaving Joan on my visit on the December 15, I leaned over to wish her a good ride. And she, in her usual fashion, squeezed my hand and said, "just let me know if I can help you with anything." Always true to her nature. I'm sure I speak for many who knew her well, she was there to cheer us on...no matter our direction or endeavor.

Thanks so much, Joan, for coming our way.



Joan worked as the judge at the 2007 club race.