



Newsletter

SEPTEMBER 2009

RACEWALK FOR FITNESS AND FUN



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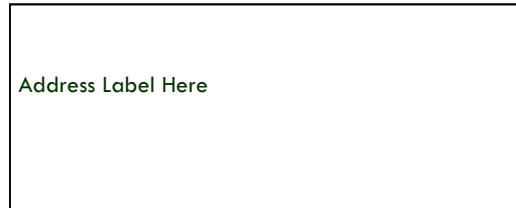


513 Dempster • Evanston, IL 60201
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Mon-Wed: 11 - 6, Thurs: 10 - 8
Fri & Sat: 10 - 6, Sun: 12:30 - 4:30

Chicago Walkers Club
4170 N Marine Dr #7A
Chicago, IL 60613

ADDRESS CORRECTION
REQUESTED



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Calendar

- 9/13 - Herrick Lake Long Walk
- 9/19 - Oktoberfest at the McGuires, LaGrange Pk
- 9/26 - Annual Club Race at Montrose Harbor
- 10/4 - Bemis Woods Long Walk
- 10/19 - Detroit Half Marathon
- 10/11 - Chicago Marathon
- 11/1 - Starved Rock Long Walk
- 11/8 - Social Dinner TBA
- 12/5 - Annual Holiday Party, Chicago
- 12/6 - Botanic Gardens Long Walk

The 23rd Annual Diane Graham-Henry 5k Club Race Walk

Club Race

The Chicago Walkers Club 23rd Annual Diane Graham Henry 5K Race Walk will be held September 26, 2009 at Montrose Beach. This event is one of the biggest for the club and an annual highlight of our members' race walk activities.

The race will start at 8:30 AM with race day registration beginning at 7:30 AM. A race brochure is included in this newsletter, and it can also be downloaded from the Club website at www.chicagowalkers.org. Thanks to all the good training we have experienced this spring and summer, we should have lots of new race walkers (and "old" ones) participating. Sign up before the race date to get the discounted price!

Sponsors for this year's race include: Fleet Feet Sports, Goose Island Beer Co., Great Harvest Bread Co., Lincoln Park Market, Murphy's Fit, New Balance-Chicago, Universal Sole, and a new sponsor this year, Franklin Park

Training Program

Autumn Training

Take advantage of autumn's cooler temperatures to rev up your walking workouts. Your endurance is up from walking frequently all spring and summer. Now is a good time to mix it up. Don't let your muscles become so accustomed to the same old routine that you no longer get the full benefit of your workouts.

Try adding one of these workouts to your regular workout schedule each week:

1. Easy fartlek (speed play) After you've warmed up, choose objects to walk fast to (telephone poles, trees, buildings, other runners...) Make choices that mark off different distances so your pickups vary in length from 15 to 90 seconds... Don Kardong, "Runner's World"*

2. Another fartlek There are lots of speed play workouts. Warm up for 10 minutes, then walk fast for four minutes with a one-minute recovery. Repeat two to four times and finish with a 10 minute cool down. Patricia

Chiropractic Center. Be sure to thank them for their wonderful support when you shop at their stores.

We are hoping to see a lot of people racing, and those who are not are encouraged to volunteer to work the race and cheer on the racers. As volunteers you would be helping at registration, maintaining the course (keeping the race course clear of other people), providing water to the race walkers, timing, and lap counting. Volunteers are also included in the raffle prize drawing... great stuff! And...volunteers are the backbone of the event.

You can sign up as a racer or volunteer using the included application, at the Saturday morning walks or by contacting Diane Graham Henry or Rick Daitchman through the Club website.

It's a wonderful and fun event, so please be sure to participate. See you at the event!

Diane Graham-Henry, Racing
Rick Daitchman, Public Relations

Wuest, Run Strong at Any Age*

3. Hills Warm up as usual. Then walk quickly up a hill that has a steady, not too steep, slope for about 45 seconds. Walk back down the hill at an easier pace and repeat four or five times. Finish with a cool-down walk.

4. Race Sign up for a local 5k race. This will give you a goal and a reason to try out the above suggestions.

Notice that every workout should begin with a *warm-up*. This will decrease the risk of injury when you push through the heart of your workout. Every workout should also end with a *cool-down* and *stretch*. "...flexibility decreases as we age. Stretch after every single [walk]. Doing so will help keep you from developing the old lady [man] shuffle." Patricia Wuest, Run Strong at Any Age*

* edited to accommodate our walking workouts

Doris McGuire, Program

Officers (2009-2011)

PRESIDENT

Kathy Marr Stern

COMMUNICATIONS DIRECTOR

Rebecca Gilman

MEMBERSHIP DIRECTOR

Colleen Leahy

PROGRAM DIRECTOR

Doris McGuire

PUBLIC RELATIONS DIRECTOR

Rick Daitchman

RACING DIRECTOR

Diane Graham-Henry

SOCIAL DIRECTOR

Kathy Kearney

TREASURER

Irmela Levin

Financial

Fiscal Year: April 1 - March 31

Cash as of 1QFY10 (June 30, 2009) was \$3,371.87.

Coaches

Rebecca Gilman
Diane Graham-Henry
Donna Green

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 139 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
4170 N. Marine Drive, #7A
Chicago, IL 60613

President@ChicagoWalkers.org

President's Desk

It's been a great summer for walking with its cool mornings and I'm hoping for some beautiful Fall weather in the next few months. We've welcomed several new members recently and hope that the prospect of cooler days and winter doldrums will bring out even more folks looking to stay fit and hang out with some great people. Don't let a little rain or snow keep you away in the coming months. We all recognize fitness as an important part of our lives and we want to make it fun and easy for all of us to stay at it, even when the going gets tough!

Please give your all-out support to Rick Daitchman and Jim Pederson who are training for the October 11th Chicago Marathon (Rick's 3rd). Congratulations also go to those two men, along with Doris and Rich McGuire, who will have completed the Oakbrook ½ Marathon on Labor Day, Sept. 7th by the time this newsletter goes to press. Doris, Rich, Klaus Thiedman, Larry O'Brien, Rebecca Gilman and Donna Green also competed in the National Masters meet back in July. You are all amazing! Your dedication to the sport of racewalking is remarkable.

Speaking of racing.....the Chicago Walkers annual race is drawing near. The date is Saturday, Sept. 26th. We still need plenty of volunteers to help with registration,

First Saturday Results

Sept. 5 Aerobic Mile Highlights

23 walkers participated in our final summer of 2009 aerobic mile exercise. This event is held on the first Saturday of every month beginning in May and is a great way for our members to see improvement in their race walking efficiency. I keep records of times for participants, which span, in some instances, several years.

6 had personal records for their 2008 and/or 2009 attempts:

Cheri Boublis, Frances Stokes, Marie Krieger, Kathy Sauer, Neil Hamilton, Rich McGuire

5 new members did their first aerobic mile with the club:

Sandi Gerrity, Pamela Strateman, Cynthia Kalk, Kitty Monaghan, Susan Garza

distributing water, and all the things that make an event like that work. Our race coordinator, Diane Graham-Henry will be away on a dream vacation until just a few days before the race, so **IF YOU CAN HELP OUT AS A VOLUNTEER, or IF YOU WANT TO RACE**, please talk to me or one of the other board members and check the CWC website for an application and information about the race. This is a fun, small, officially sanctioned race and walkers come from other cities and states to participate in it. We need your support! Please volunteer!

Watch for more bargains from our "Inventory Reduction" sales during the coming weeks. We had a great "impromptu" sale at the CWC brunch on August 8th. We'll have some items at our Saturday walks and at the Oktoberfest party September 19th. Bring your mad money and talk to Irmela Levin, our Treasurer, or me about buying a shirt, fanny pack, hat or visor. Wearing our logo is also good advertising for our club and may just help us in our efforts to recruit new members.

Happy Walking!

Kathy Marr Stern, President

😊 2 members did the aerobic mile for the first time this year:

I-Tsuay D'Archangelis and Colleen Leahy

😊 1 guest walked with us:
Gail (Neil Hamilton's daughter and perhaps inspiration for his personal record)

Thank you to all who gave such a great effort to this event and the others during the summer, and best of luck to those who could not participate due to injury or illness.

Doris McGuire, Program

Racing Juice

USATF National Masters

It was nice not to be flying to some city way across the country to the USATF National Masters Competitions—they were in Oshkosh, WI this year! An easy drive got Doris and Rich McGuire, Donna Green and husband Bruce Raymond (cheerleader and fisherman, mostly the latter), Larry O'Brien, Rebecca Gilman, and Klaus Thiedmann to the race walk events on July 10 and 12.

Competition from all over the country was keen, but your CWC race walkers did well in their events. The most exciting race was the Men's 5k on Friday, age 50-55, in which our Klaus race walked neck and neck for the last lap of the track race with Tommy Aunan of Seattle, for a "photo" finish win by Klaus in 27:13:60 and Tommy in 27:13:64—that's 4/100ths of a second! Rich raced a strong 6th place finish at 29:52:09 in the 60-65 age group, with Max Walker of Indianapolis in 2nd at 28:06:26. The women's 5K had Donna winning 2nd place in the 55-60 age group with a 31:59:73; Doris winning 2nd place in the 60-65 age group with a hot 33:46:79, and Rebecca getting 3rd place in the 65-69 group with 34:54:21. Shirley Dockstader, age 76 from Marin, CA, surpassed the National Record for her age group with a stunning 34:34:60!

Saturday had no race walking events (a day of rest was needed by all), so we took advantage of the wonderful nature offerings of Wisconsin and drove to Fond du Lac's nationally famous Horicon Marsh, home to more than 200 species of birds and other wildlife (including large mosquitos), where we hiked, spotted a variety of birds, and saw numerous wild flowers and grasses. It was truly beautiful.



Socials

Club Dining Experiences

Ras Dashen - On June 14 we ventured out to a fabulous Ethiopian restaurant on north Broadway which everyone thoroughly enjoyed. Entrees are served on beach ball size pancakes which are eaten with smaller pancakes instead of silverware. Great lively conversation abounded.

Annual Brunch

Diane Graham Henry hosted us again this year with a phenomenal brunch. Food selections were the best this year. The weather was iffy so Diane hosted us inside her beautiful home this year.

Tiffin

On August 23 we feasted on Indian food on Devon Avenue. We had a record 17 attend and everyone enjoyed the selections from the menu.

Upcoming Events

Oktoberfest

We will have a special Oktoberfest this year as Doris and Rich McGuire will open up their home on September 19. We are wishing for good weather and the usual German food will be served.

Annual Holiday Party

Mark your calendars for this event. It is scheduled December 5 and will be at our usual location at Diversey and the lake. Always a great time.

Long Distance Walks

Please consult the website for the remaining walks through December. We will be working on the 2010 schedule which should be available December 1, 2009.

Kathy Kearney, Social

Please welcome our new members:

Cheri Boublis, Inge Krogh, Mary Jo Kurko, Ray McKinnis, Sharon Shaughnessy, Shirley Varland, Pauline Lipscomb, Cynthia Kalk, Sandi Gerrity, and Kitty Monaghan