



Newsletter

MARCH 2010

RACEWALK FOR FITNESS AND FUN



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

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Calendar

- 3/1-6 World Masters Indoor Championships, Kamloops, BC Canada
- 3/7 Long Walk, Blackwell Forest Preserve
- 3/7 USATF 5k Racewalk, Ypsilanti, MI
- 3/13 USATF 3k Racewalk, Upland, IN
- 4/11 Long Walk, Moraine Hills
- 5/1 Half Marathon, Kenosha
- 5/2 Long Walk, Highland Park
- 5/10 USATF National 15k Racewalk, Riverside, CA
- 6/5 USATF 10k, Albany, NY
- 6/6 Long Walk, McDowell Grove
- 7/22-25 USATF National Masters 5k, 10k, 20k, Sacramento

Profiles

Don't Be A Couch Potato!

Following his own advice, **Jim Pedersen** joined the Chicago Race Walkers in the fall of 2007 and has walked in twenty races in just three years. His longest race was 39.3 miles in two days at the Goofy (Disney World) challenge earlier this year. This race consisted of a ½ marathon on Saturday and a full marathon on Sunday. Other racing accomplishments include Jim pacing for another Chicago Race Walker, Rick Daitchman, in the 2008 Chicago Marathon. In 2008 and 2009, Jim walked in the Chicago Area Runners Association twenty-mile races.

Jim was working in the Washington DC area when a colleague talked him into doing his first marathon, the 2007 Marine Corp Marathon. He raced for the Azalea charity which supports wounded soldiers returning from Iraq and Afghanistan. This race was filled with emotion for Jim. He was surprised to see Marines handing out water and cheering the racers on, since he

felt that the Marines were the ones who deserved cheers and praise for risking their lives for our freedom. Today, Jim works for a software company handling government contracts.

Jim exercises regularly at a health club and walks daily when training for races. But it is his motivation to always improve himself that keeps him training. Jim admits he is his own worst critic, however. He feels he needs to improve the push off technique, the hip rotation movement, and increase his speed.

In high school, Jim ran in Cross Country events. However, these days he is happy to race walk, since it is easier on his knees and still provides a cardio workout. Walking also allows him time to continue his other pursuits, which include caring for his family and his four cats. Although Jim has fond memories of breakfast after the Saturday morning walks, he really loves to bake and cook and tries to have his family over every Sunday for a home-cooked meal.

Patsy Ramos, Cub Reporter

Training Program

Spring Training

CWC has its own harbinger of spring, increased attendance at our Saturday morning walks! It's great to see so many familiar and new faces at our workouts. Now we just need Mother Nature to be a little kinder with temperatures, wind, sun...

As you move out of the gym or off the treadmill for the great outdoors, think about improving your workout by making slight improvements to your posture. Standing tall with shoulder blades moved slightly down and toward the center of your back will help open up your chest and improve your oxygen capacity, and it will give your abdominal organs more room. Also, hold your arms at about a 90 degree angle and think about swinging your elbows behind you to help with your forward hip movement. Even slight changes can help you get more out of your workout.

Training for Long Races

Several CWC members are training for

long races this spring. We have already begun using the half marathon training schedule included on our web site. We are trying to schedule our Saturday long walks so that we finish in time to stretch, hear announcements, and be available for the "Nookie's" count. As our distance varies from week to week, we will vary our start time accordingly. (March 6, 8:30a.m. - 6 miles, March 13, 8:45 - 5 miles...) All walkers are welcome to join us for the long walk training even if you have not registered for a spring race. But, please do keep up your weekday training so that you are ready when we move to 8 to 12 mile walks. Please note that the traditional 8 a.m. session will be supplanted by these long walks throughout most of the spring.

Nine O'clock Saturday Walks

The nine o'clock sessions will continue as usual. Warm up with some active stretches, including the "three on the tree" hip openers. Walk for

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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 3QFY10 (December 31, 2009) was \$3,371.87 .

Coaches

Rebecca Gilman
Diane Graham-Henry
Donna Green

Membership

Annual membership follows fiscal year calendar, with a fee of \$15 for individuals and \$25 for family. 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 147 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

Many thanks to some of our members for their voluntary contributions to CWC. To Jay Samstag who's responsible for those nifty email reminders we get for the Saturday morning and long distance walks. Feel free to forward them to any friends you think might be interested in joining us. A big thank-you again to Susan Gauen and all the volunteers who helped with the Holiday Party! Read more in the Social column of this issue. We've had a couple of informal outings that were put together using the Club's group email. Patricia Manson got some folks together for a couple of movies over the New Year weekend, and our own former president, I-Tsuay D'Arcangelis got a group together for the February 14th Chinese New Year celebration at Navy Pier. She reported that it was lots of fun and the big crowds there did not interfere at all with the enjoyment of the festivities.

HELP THE PEOPLE OF HAITI:
Chicago Athlete magazine has asked for our help in their efforts to collect unused/extra race t-shirts for the people in Haiti. We'll be packing up CWC's excess inventory and bringing it to them. They will organize, collect and ship all donations to the nonprofit organization Haitian Congress to Fortify Haiti (haitiancongress.org). If anyone has race or CWC t-shirts that you haven't used (or barely used) and would like to donate, please bring them to our walk on any of the first three Saturdays in March - the 6th, 13th, or 20th. Give

Membership

April 1 is Membership Renewal Time

The fiscal year for CWC is April 1 to March 31, and members are asked to renew their memberships on April 1. Members renewing after June 30 - a grace period of three months - are assessed a late fee of \$5 on top of their regular dues. New members joining after November 1 are considered pre-paid for the following year. A new application must be completed, signed, and returned with your membership dues, due to insurance policy that requires a waiver be signed each year.

A 2010 Membership application is included in this newsletter for your convenience. If you have any questions, you can reach me at 773-348-0384 or at colleen43@gmail.com.

Colleen Leahy, Membership

them to any Board Member, and we'll see that they get to *Chicago Athlete's* offices. Their Web site is "mychicagoathlete.com if you want more information. Why not further support this worthy cause by going through your closets at home to look for items you can send directly to the Haitian Congress.

Please remember to support our generous sponsors. Rick Daitchman will continue to remind us of who they are and what they are doing to support us.

If you are serious about race walking or just want to stay in top shape, watch for Doris McGuire's email updates. Start times for the 8:00 group workouts will be announced this way, since they vary by the number of miles being put in each week. She also sends informative updates about other events which are evolving constantly. These are sent via CWC's group email so anyone who's thinking about joining in will be informed. Jump in any time!

Congratulations to all those who have come out during this record-breaking cold and snowy winter. I was one of you until I was sidelined by an episode of bursitis in my hip. The physical therapy is going well, though, and I hope to be back on the path with you very soon.

Spring is right around the corner!

Kathy Marr Stern, President

Training Program - cont'd from Page 1

about 40 minutes and be ready for stretches and announcements by 9:50.

Aerobic Mile

Our popular monthly *aerobic mile* will return on June 5.

- 8:00a.m. Saturday threshold interval training continues weather-permitting.
- 9:00a.m. Saturday endurance and racewalk form.

Doris McGuire, Program

Please welcome our new members:

Key Stage, Marilyn Trant, Richard and Karen Friedberg, Patricia Gabrys, and Teri Williams. And a big welcome back to an old friend, Margaret Sheridan.

Racing Juice

Doris has been keeping you posted on a lot of long distance events members have signed up for. There are lots of choices out there. The following are events to look at also. These are judged racewalks. The second list is not, but certainly fun to do for training purposes.

3/7/10 – USATF Michigan Association Open and Masters Indoor Track and Field Championships. 5000 meter Race Walk. 11:00 a.m. Eastern Michigan University, Bowen Fieldhouse, Ypsilanti, MI. For more information contact 231/768-4535 or e-mail mitcajan@hotmail.com

3/13/10 – USATF Indiana Association Open and Masters Indoor Track and Field Championships. 3000 meter Race Walk. Taylor University, Upland, IN. Track events begin at noon. For more information contact Lastashia Key, 317-858-3830 or trackgirl4ever@gmail.com

5/10/10 – USATF Masters 15k National Race Walk Championships. Fairmont Park, Riverside, CA. Entry deadline 5/9/10 at \$18, Race day \$23. For information www.usatf.org/events/2010/usamasters25kRWchampionships

6/5/10 – USATF 10k National Race Walk Championships, Albany, NY. For more information www.usatf.org/events/2010/10kmRWchampionships

7/22-25/10 – USATF Masters Outdoor Track and Field Championships, Sacramento, CA.

7/23 – 5000m race walk, 7/15 – 10k race walk. For more information: www.usatf.org/events/2010/USAMastersoutdoorTFchampionships.

8/15/10 – USATF 15k Open and Junior Race Walk Championship, and World Masters Region 15k Championship. Minneapolis, MN. Also includes 10k and 5k race walks. For more information: <http://twincitiesracewalkers.org/events/RW15k>



Socials

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 a CD player loaned to us by Bob Rothschild.

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 purchasing beer, wine, soda, ice and poinsettias. A special thank you to Susan Gauen for graciously hosting the party. Check out the pictures on the attached flyer.

Dinner Outings

A dinner outing is planned for February 28 at La Gondola Italian restaurant at 2914 N. Ashland. The restaurant features many favorite Italian selections at reasonable prices. As of this writing there are 2 available spots left. You must call Kathy at 630-627-3787 or e-mail at walkin-gal41@comcast.net to reserve your place.

Other dinner outings will be forthcoming. We are planning a barbecue at the home of Rich and Doris McGuire sometime late spring or early summer – details will follow. We will enjoy our annual brunch at Diane's again this summer as well.

Long Distance Walks

We have launched a new 2010 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 9 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, Social

Although many members are doing a half marathon in Kenosha on May 1, I've listed two we might want to keep our eyes on for a future event.

May 8, 2010 – Eagle River Journeys Marathon, Eagle River, WI. This one has a 13.1 mile "Power Walk" for walks. For more information 222.eagleriver.org/journeys.asp

May 15, 2010 - Here's one I found which looks interesting... We Walk! Marathon, Half and 50k. The promo states "it's a marathon, half marathon and 50k created just for walkers by walkers." It's on the Lake Wobegon® Regional Trail, between Melrose, MN, and St. Joseph, MN. For more information: <http://walkonmn.org/marathon>.

Diane Graham-Henry, Racing

Mr. Marketing.....

With the Spring fast approaching here in Chicago and the coming of milder weather, this is a good time for all members to think about promoting our Club as much as possible to friends, family members and co-workers so that we can start a new "Walking season" in 2010 with as many new members as possible. Members are asked to please refer anyone who may be interested in joining us for our upcoming Saturday walks in Lincoln Park to our Website at: www.chicagowalkers.com where myself or any Board member can be contacted for further information on the Club.

Also, I know there will be many Walkers looking for new equipment (shoes etc) for the nicer weather and we should all be reminded to support our major sponsors: **Fleet Feet Sports** on Wells St. (gives "Bonus Points" with each purchase toward discounts), **Universal Sole** on Lincoln Ave., **New Balance** at Clark and Fullerton (CWC discount) and **Murphy's Fit** (CWC discount) on Dempster St. in Evanston.

Rick Daitchman, Public Relations