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## Calendar

- **11/6** – BEMIS WOODS LONG WALK
- **11/24** – GOOSE ISLAND TURKEY TROT 8K
- **12/3** – ANNUAL HOLIDAY PARTY
- **12/4** – KLINE CREEK FARM LONG WALK
- **1/1** – ANNUAL NEW YEAR'S 5K
- **5/6** – INDIE HALF MARATHON

## World Masters Athletics (WMA) Championships

*By Donna Green*

The WMA Championships are international track and field competitions for men and women over 35 (kind of like old folks' Olympics except there are no qualifying requirements).



Donna with her parents, Max and Phyllis Green.

They are held every odd year in a fun-to-visit city. This year's WMA Championships were in San Sebastian, Spain in late August. The next WMA Championships

will be in Riccione Italy in early September 2007. The racewalk events in San Sebastian were 5K track races for men and women, a 10K road race for women and a 20K road race for men. Riccione in 2007 will have races at all three distances (5K, 10K, and 20K) for both men and women.

San Sebastian is a resort city on the Atlantic Ocean in Spain's Basque Country. It's very close to France and not far from Bilbao, Spain. I went to San Sebastian to do the 5K and 10K racewalks, to see that part of Spain, and to en-

## My Marathon Experience

*By Rick Daitchman*

It is difficult to put into words the emotions that one feels while doing the Marathon. As I reflect back on the total Marathon experience, words like exciting, thrilling and emotionally satisfying come to mind .... but so do words like overwhelming, draining, tedious and grueling!! The sense of accomplishment and achievement is unparalleled and will last a lifetime.

The idea of race walking the LaSalle Bank Chicago Marathon started in early May of this year when Rebecca Gilman and I half-heartedly discussed the possibility. With the registration about to close, doubts and con-

cerns notwithstanding, we registered for the Marathon. Rebecca and I knew that training for and walking the Marathon distance would be a daunting task and far more physically demanding than any race we had ever done. .

joy vacationing with my husband and my parents. Chicago Walker Klaus Thiedman also participated representing Germany. In the 5K race I had a personal record of 30:14 and finished 7<sup>th</sup> out of 15, although received two red cards. My 10K race didn't go as well (no need to mention my time) - I was worried about getting disqualified and jeopardizing my team's chance of getting a medal. Only two countries had enough walkers for a team, the USA team got the second place team award.

Enough about the races! How was the Basque Country? Amazing and very beautiful. The climate is similar to our climate in Chicago but the terrain is very rugged and mountainous. The people are friendly and the cities vibrant. The highlights for me were the city of Bilbao and the Bilbao Guggenheim Museum. The museum has stunning architecture, inside and out, and a good collection of 20<sup>th</sup> century art. The largest single room in the museum is devoted to eight huge curved steel sculptures, 12 to 14 feet tall, by the American artist Richard Serra. These interactive sculptures, curve in all dimensions, are wonderful to walk in them, through them, and around them.

Going to the WMA Championships was a lot of fun. Riccione in 2007 will be great as more Chicago Walkers plan to participate. So put it on your calendar for September 2007.

cerns notwithstanding, we registered for the Marathon. Rebecca and I knew that training for and walking the Marathon distance would be a daunting task and far more physically demanding than any race we had ever done. .

From late June on, four times a week, Rebecca and I would start our walk at 5:15AM; twice a week, we would cross train - for me, this included weight training, the elliptical machine & the stationary recumbent bike. Usually, we rest one day a week! The schedule did not really bother me until August / September when the walks increased to 14 - 20 miles on Saturdays. Needless to say, this strict regimen became very physically demanding especially with the hot and

*(Continued on page 3)*

## Officers (2005-2007)

### PRESIDENT

Rebecca Gilman

### VP, PUBLIC RELATIONS

Bill Barnett

### VP, SOCIAL

Kathy Kearney

### VP, ANNUAL RACE

Diane Graham-Henry

### VP, MEMBERSHIP

Colleen Leahy

### TREASURER

Ray Glend

### SECRETARY

I-Tsuay D'Arcangelis

## Financials

The Treasury has \$4,574.42 as of October 21, 2005.

## Membership

- April to March

Current count is 148

## 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 to November.

Visit our website at:

[http://](http://www.chicagowalkers.com)

[www.chicagowalkers.com](http://www.chicagowalkers.com)

Produced by club member Mark Sekelsky, our wondrous Webmaster!

**Chicago Walkers Club**  
1036 North Paulina  
Chicago, IL 60622  
(773) 278-8776

[Becky1040@sbcglobal.net](mailto:Becky1040@sbcglobal.net)

## President's Desk

The "Diane Graham-Henry" Club 5k Race was quite a success this year, with 26 athletes participating and 26 (an interesting coincidence) judges and volunteers helping with various duties. What a way to kick off the new name!! Congratulations, Diane, on another great job putting the race together and having it run so smoothly.

Winter is approaching, and with it colder weather. We will, of course, continue our race walks every Saturday, but November will also bring on darkness in the afternoon, so there will be no Thursday night training sessions until April and light reappear. Also, the training that has been provided by Augie Hirt all summer will be discontinued until April, when warm weather is more conducive to exerting muscles. But we will be back with a good program for all racewalkers next year – continuing those training and technique efforts. You asked for better workouts and more training, and we gave it to you this

summer. Keep practicing your skills all winter long, and that will give you an edge up on your walking skills next spring, when training begins again. Don't forget to read up on the tips of Walking in the Colder Months from Coach's Corner.

And, many thanks to all the CWC members who cheered the Chicago Marathon racewalkers on to victory (finishing!!). All of us – Rick Daitchman, Manny Eckert, Ray Glend, Augie Hirt, Bliss Packer, Alison Walsh, and me (Rebecca) – will remember your wonderful cheers and excitement as we walked those streets. It is true what they say about the marathon – the first 24 miles are easy, it's the 2.2 at the end that are really tough! And you got us through!

See you on Saturday morning!

Rebecca Gilman

## Coach's Corner



Firstly I want to thank all the members who came out Saturday, September 16, and made the Chicago Walkers Annual Diane Graham-Henry 5k a great success. Thanks so much for making it one of the best races we've hosted. The full results are listed on the CWC website. Check out the member's awards. Congrats to all!

### Kudos to Our Marathoners!

Rich Daitchman, Manny Eckert, Rebecca Gilman, Ray Glend, Augie Hirt, and Bliss Packer put in the many months and even more miles to complete the Chicago Marathon on October 9. They were blessed with good weather. Manny, suffering bad feet, came in third in his age division! Rich and Doris McGuire and Donna Green met Rich, Rebecca and Ray at mile 20 and walked them through the "lonely" final miles. I'm sure they greatly appreciated the support. They all deserve a big round of applause!

### USATF Illinois Postal

On a beautiful morning at Niles West High School, October 16, the USATF Illinois One-Hour Postal saw members do well. The One-Hour is a race set by time, not distance. The athletes walk as far as they can in one hour. Jocelyn Salinas, 9 finished with 4.47 miles; Tori Cooper, 24, in her first postal, finished with 6.154 miles; Doris McGuire, 53, finished with

5.52; and Donna Green, 54, with 6.15. Lenny Salinas, 11, finished with 4.37 miles; Paul Regul, 16, with 6.73; Rich McGuire, 58, with 6.68, and Alex Muster, 77, with 4.54. Lap counters and water station help included T.J. Regul, Terry Regul, Rebecca Gilman, Gilbert Salinas, Ray Glend, Adam Sekelsky, (a gal whose name I didn't get), and officials included Joan Grossman, Jonathan Udesky, Bernie Simanis, Nancy Wnuk, Tom Marhevko and Diane Graham-Henry. Results will go as a national competition (through the Post). It is also a North Region competition. Results will be tallied throughout the nation and region at a later date.

### Sign Up for the Indy Early!

The 30th Annual Indianapolis Half Marathon, which the members have been participating in for four years, will be held early May 2006. Due to its popularity, the entries are filled quite quickly. Last year they were full by mid-December. Sign up soon at [www.500festival.com](http://www.500festival.com). Rooms fill equally fast. I have the B&B reserved again, and five of us out of seven have signed on. Training usually starts in late February.

### Walking in the Colder Months

When it gets cold in Chicago, it's equally im-

*(Continued on page 3)*

## Editor's Note

*Due to limited space, articles were edited as usual. Please read the full and unedited version by Donna Green and Rick Daitchman on the CWC Web site.*

## Meet Kathy Kearney

By Margaret Sheridan

Kathy Kearney's ease at organizing parties for Walkers being the kids. "I people time," says Lombard.



Chicago comes from oldest of 10 love seeing have a good the resident of

A commitment to quit smoking in 1991 brought her to Chicago Walkers. She read a profile of the club in the Chicago Tribune then phoned for information. Diane Graham-Henry ultimately coaxed her to Lincoln Park. "I dreaded driving to the 'big city' but Diane reassured me the majority of members came from the 'burbs. She lied.'" She recalls that snowy day in January when Bob Rothschild planted a kiss on the newcomer and Ruth McNitt volunteered as walking partner and cheerleader. "I loved it from the start," says Kathy.

The native of Chicago's Austin neighborhood was raised in Catholic schools where gym class was mandatory and despite height, so was playing guard in girl's basketball. After college, she taught chemistry in junior high, married and focused on raising Michael, now 37, and Julie, 36. "I didn't have a car, so I logged plenty of miles behind a stroller." Fitness continues for this grandmother of three. Kathy works in human resources for a healthcare company, walks to work, and then adds three four-mile walks, midweek, in the evening. Competition isn't important. "I want to improve my time. But I don't care about being first in my age group. What matters is a good workout."

Planning the club's eight parties comes with outstretched arms. Manny Eckert is her wine & beer man. Bill Barnett supplies the cooler. Mary Alice Nesti corrals volunteers and Susan Gauen offers to host the Christmas bash. She counts on Marilyn Sweeton for meats, support from Diane Graham-Henry and hugs from Richard Lowe.

One indulgence is a lazy Sunday in bed with a DVD and glass of red wine in the evening.

Mixing fitness with great people since 1991 enriches her life.

"I feel blessed."

## Long Walks



October 15 we hiked Starved Rock to see

fall by

We

and

ourselves to lunch in Utica.

Check the schedule for the two remaining walks in 2005



Garbage bags as rain coats helped saving the day at the Lake Geneva long walk on September 24.

the magnificent colors led Liz Wells. hiked about 3 hours then treated

## Socials

On September 17 we gathered at Virginia Boehme's home for a grand celebration of Oktoberfest. Many thanks to Virginia who opened up her home to us and staged the backyard for a very festive atmosphere. Lee Wolin was our Chief Cook who got just the right "do" on those brats.

evening was by all. Our day is fast



A fun party ap-

proaching. December 3 is the day and we are very fortunate again that Susan Gauen will be hosting it in the beautiful party room at 2800 North Lake Shore Drive. Details are outlined in the enclosed flyer, but our newest addition this year is LIVE MUSIC for listening and dancing. Sign up early as this is one of our most popular events.

Kathy Kearney

## Coach's ..

(Continued from page 2)

important to hydrate. The breath you breathe is moisture leaving your body. Carrying a small water bottle helps. Many water fountains are turned off in the winter. Dress in layers with silk or moisture wicking fabrics next to the skin. And remember the 20-degree rule... once you get moving your body temperature rises and feels like it's 20-degrees warmer. See you on the path ...

Coach Diane

## My Marathon ..

(Continued from page 1)

humid weather we had.

As the race neared, the anticipation grew, along with a certain amount of anxiety. I was in uncharted waters at the Marathon distance. I had never walked this far before at one time and knew that anything could happen at this distance. Would I be able to finish? Would some unforeseen obstacle, such as the weather or a cramp or blister prevent me from achieving my goal?

Race morning finally came! Although there were 40,000 people registered, only 34,000+ actually started the race with only one-third of those from Illinois. Ray Glend, Rebecca, and I met up together in the same pace (13:00/mile) group. As far as I know, besides the three of us, CWC had four other entrants in the race: Augie Hirt (who started & finished ahead of us), Bliss Packer, Alison Walsh and Manny Eckert (who started & finished behind us). Unfortunately, we never saw our fellow walkers either before or after the race. The race started at 8:00AM. Believe it or not, once the walking begun - my anxiety was over & I could finally "relax" and do what I had trained so hard for -

(Continued on page 4)

### Volunteers Needed:

Reporter—need someone who will conduct interviews and write stories such as member profiles for this newsletter.

Clothes Closet—need help to manage sales several times a year; car required.

### Note to Members:

Please send any contact information changes to Colleen Leahy at 773-348-0384 or blossom@rjedp.com

**Late breaking news:** Result from Detroit Half on October 22 is in:

Donna Green was 2nd out of 74 in her age group with a time of 2:32:05 and a pace of 11.37.

Joan Grossman was 4th out of 46 in her age group with a time of 2:46:07 and a pace of 12:41.

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, 210 W. North Ave., Chicago  
 Lincoln Park Market, 2500 N. Clark St., Chicago  
 Murphy's Fit, 513 Dempster, Evanston  
 Running Away, 1753 N. Damen Ave., Chicago

Great Harvest Bread Co. , 2142 Central St., Evanston  
 Momentum, 2001 N. Clybourn Ave., Chicago  
 New Balance, 2369 N. Clark St., Chicago  
 Universal Sole, 3254 N. Lincoln Ave., Chicago



3254 N. Lincoln Ave., Chicago, IL 60657 (773) 868-0893  
[www.universalsole.com](http://www.universalsole.com)

### Universal Sole always offers Chicago Walkers a 10% Discount.

You can find us in the Lincoln/Belmont/Ashland Shopping District, at the corner of Lincoln, School, and Marshfield. FREE PARKING on School Street, just West of Lincoln. CTA Brown Line stops at Paulina, one block northwest of the store.

*We exist because you run, walk, stay fit.*

210 W. North Avenue  
 Chicago, IL 60610  
 (312) 587-3338  
[www.fleetfeetchicago.com](http://www.fleetfeetchicago.com)



Lincoln Square  
 4555 N. Lincoln Ave.  
 Chicago, IL 60625  
 (773) 271-3338

**10% discount to valid Chicago Walkers Club members**  
 Free 1 hour parking in Piper's Alley on North Ave. with validation.

**Chicago Walkers Club**  
**1036 N. Paulina**  
**Chicago, IL 60622**

**ADDRESS CORRECTION  
 REQUESTED**

### My Marathon ..

*(Continued from page 3)*  
 race walk.

Our long discussed strategy was simple; we would not start too fast and try not to push ourselves until we were properly warmed up. The three of us in the same pace group had also decided that we would stay together and help each other throughout the entire distance.

The crowds in general were spectacular and awe-inspiring and really gave us a lot of energy to help us through especially when there are friends and rela-

tives who have come to cheer you on. My wife, two neighbors and my best friend were on hand at two check-points to see us pass. But more uplifting was the fact that my sister & daughter traveled the course and saw us pass at three different loca-

tions – including Mile 25 which was very emotional as we all knew we had only a mile to go and the extra adrenalin was again kicking in. We also spotted fellow CWC Walkers Tori Cooper, Linda Klutznick, Helen Meier, Mary Newton and Monica Peters cheering us on at various points along the course. In addition, Ray's

wife Susan was working at the last Aid station and motivated us all to the finish. At the 20 mile mark, fellow walkers Doris McGuire & Donna Green joined us with their fresh legs to help us through the next 5 miles leading to the final mile.

Our Half Marathon split was

2:41:39 (12:20/Mile) and Rebecca and I, having trained so long and hard for this, crossed the finish line hand in hand with a 5:24:58 time (12:23/Mile). Ray finished a few seconds ahead at 5:24:52 as he found some extra energy to sprint to the end. We were all very happy with our times.

There were a total of 33,127 finishers of which the 3 of us came in 29,060, 29,061 and 29,047 places. The others were: Augie Hirt- 4:24:46, Bliss Packer- 5:53:39, Alison Walsh - 6:03:29 and Manny Eckert – 6:42:52.

This is certainly a very long & difficult race. Would I do the Marathon again?? Right at this moment (only a week after the race), I probably might say "No", but if you ask me again in a month or two – that answer may change!!

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