

In this issue

TEAR, SWEAT, REWARD	1
FITNESS PROGRAM	1
PRESIDENT'S DESK	2
MEMBERSHIP	2
CLOTHES CLOSET	2
BOARD CHANGE	2
RACING JUICE	3
LONG WALK	3
SOCIALS	3
VOLUNTEERS NEEDED	3

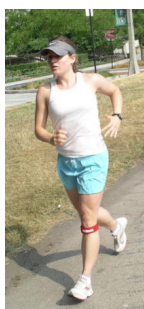
Calendar

- 3/19 – PIZZA PARTY
- 4/9 – OAK PARK 5K
- 4/23 – ETHNIC DINNER
- 5/7 – GREEN BAY LW
- 6/4 – HYDE PARK LW
- 6/11 – ETHNIC DINNER
- 6/13,20,27 – Tuesdays at the Track, Mid-America Circuit
- 7/9 – WATERFALL GLEN LONG WALK
- 7/? – ANNUAL BRUNCH
- 8/3-6 – USA NATIONAL MASTER CHAMPIONSHIP
- 9/16 – Annual Club Diane Graham-Henry 5K Race

Tear, Sweat, and Reward

By Tori Cooper

When knee pain forced me to quit running several years ago, I turned to walking as an alternative. A long-time athlete, I pushed myself to develop interesting workouts and to continually in-



crease my pace, but still could not have passion in walking that I had felt for until I stumbled across the Chicago Walkers website. At the time, Saturday morning classes kept me from joining the group, but the website drove me to look into racewalking. I found information on the web and poured over it, eager to learn more. I studied the techniques and the rules and tried to put them into use in my workouts. As my speed increased, I longed for more knowledge, and to find other racewalkers!

Finally, my classes ended, and the next Saturday at 9am I was waiting eagerly on the east side of the zoo. Since I wasn't quite sure what to expect, I was relieved when the first timers were all called over to learn some pointers about form. After a quick lesson, we were on our way. From the beginning I have been amazed at the friendly acceptance extended by the Chicago Walkers. Everyone is happy to

Fitness Program Improved

By Rebecca Gilman

From April to November, each Saturday morning a Walk Leader will be designated for the 9 AM walk and Instructors identified. Walk leader will state what path we take for the walk and will say when we stop for heart rate. Instructors will be available for help from anyone asking for technique assistance. The walk will start promptly at 9 AM with a ten (10) minute warm-up. New attendees will use the warm-up time for a brief instruction in race-walking technique by club Instructors.

After the warm-up, the Walk Leader will give walk directions and heart check times, and

offer tips, and it is great to finally have other racewalkers to exercise with! I now have people with whom I can discuss footwear, routes and odd pains. Not mention everyone's plans for the weekend!

While the bulk of my improvement is due to technique tips from the coaches, as well as from other members, I also know that I could not have come so far without my own hard work. When the coaches gave me things to work on, I did, even if it felt strange or temporarily made my workouts more difficult. When a bad hamstring pull left me sidelined for a month, I got back into racewalking as soon as possible and slowly recovered.

I have also found that an important factor in seeing improvement is to continuously set new goals. They don't have to be big; my first was to complete a 5k! I was extremely nervous about racing with runners; I was sure I would come in dead last. But then I got out there and actually finished in the middle of the pack (it was a really hot day and after the runners wore themselves out, I passed right by). I make sure to set both distance and speed goals for myself and now can't believe how far I've come. I have dropped a considerable amount of time off my mile pace, and if my plans to join other Chicago Walkers in the Indy Mini-Marathon in May go as expected, in under a year I will have worked my way from a 5k to a half-marathon! Form, speed, distance!!!

identify the **person to be circled** whenever anyone is more than 100 yards in front of this "circle" person. In circling, each person should turn as soon as the 100 yards is reached and also walk 100 yards behind the "circle" person. Our goal is to have each person realize when he or she needs to circle, rather than an Instructor or Walk Leader calling out circle times. The Walk Leader will ask for pulse checks for heart rates at 10 minutes, at mid-point, and at finish. The competitive walkers will be asked to do specific interval training during the walk, circling the same "circle" person as above. This will keep all walkers together for the heart rate checks. Stretching exercises will be of-

(Continued on page 3)

Officers (2005-2007)

PRESIDENT

Rebecca Gilman

VP, INSTRUCTION

To be elected

VP, MEMBERSHIP

Colleen Leahy

VP, PUBLIC RELATIONS

Bill Barnett

VP, RACING

Diane Graham-Henry

VP, SOCIAL

Kathy Kearney

TREASURER

Ray Glend

SECRETARY

I-Tsuay D'Arcangelis

Financials

Fiscal Year: April 1 - March 31

Net asset at the end of 3QFY05 is \$2,453.36.

Membership

Current count is 152

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:

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

President's Desk

April is almost here, and it is time to start putting our fitness walking program together. Your Executive Committee has been working hard to have an all-levels fitness program that will give everyone a good aerobic workout each Saturday and should benefit each walker's heart and health. Last summer we asked Augie Hirt, the club's founder and its Executive Director for many years, to determine just what the membership wanted to accomplish at its Saturday walks. Augie, after consulting with a large number of walkers, reported to the Board in October that most members said they wanted a good workout, but with structure and technical training. Check out the overview of what we have put together on page 1 – and get ready for great fitness and racewalking starting this April.

In order to provide the membership with good instruction we need to increase the number of racewalk instructors for the club. Diane Graham-Henry and Joan Grossman are currently our only qualified ones, along with Al Fisher (Mark Sekelsky too) when he's in town. Would you be willing to be trained as an in-

structor and provide instruction on Saturday mornings? Let me know – I am looking for 5 good men and women who, of course, will have good legal technical racewalking skills and the desire to help others!!

It's not ready yet, but soon you'll be able to check out our new Web site, which is being overhauled by I-Tsuay D'Arcangelis and Mark Sekelsky. We wanted to get more information to the membership through the web site and make it more attractive. Many of our new members come to us through the Web site, so we wanted to put our best in front of them. Soon you will be able to see the CWC Newsletter online, articles of interest, and our new brochure, along with brief descriptions of our racewalking and social activities. In that regard, we are looking for a backup for Web site updates – any volunteers? If you are interested, call I-Tsuay. Our thanks to I-Tsuay and Mark for the immense amount of time and effort they are putting into this.

See you Saturday!! And see you at the March 19 Pizza Party at Marcello's.

Rebecca Gilman

Membership Renewal

It's time to renew your membership!

Membership fee is due April 1. A late fee of \$5 is assessed for members renewing after June 30th, a grace period of three months! New members who join after November 1st will be considered prepaid for the following year. A new application must be completed each year because our insurance policy requires that the waiver must be signed each year. Please see the application form on the back of the pizza flyer.

If you have any questions, you can reach me at Blossie@rjedp.com or at 773-348-0384.

Please welcome our new members:

Beverly Ford, Denise Sobotka, Karen Oliver and Sandra Rodaligo

Clothes Closet

Maxwell Street on Cannon Drive

Our caps and visors with the club logo were such a hit this summer that we are all out! More will be ordered soon along with more fanny packs. We still have a variety of items available for purchase—long and short sleeved T-shirts in various colors with our club logo, long sleeved black tees with our web site on the back in red, and small sports bags on sale for \$10.

If you want to purchase something or you have questions about what's available, give me a call and I can bring items to the next walk. You can reach me at 773-348-0384.

Colleen Leahy

Board Change—Your Vote Is Requested

For a number of years Diane Graham-Henry has held two positions on the Executive Committee – Vice President – Race and Vice President – Instructors. Due to commitments she has made to North American Racewalking Institute and the USATF Illinois Racewalk Committee's Junior Program that will consume much of her time for next year, she resigned from the Executive Committee, but the Board asked her to consider retaining the Vice President – Racing position, as we did not wish to lose her entirely. (We also promised her a great committee to work with, so please volunteer to help with the Racing program.) Diane has graciously accepted. The Board has asked Donna Green to run for Vice President – Instruction. Donna has been a member of CWC for many years. She is a competitive racewalker (from a racewalking family), representing CWC in Spain last year at the International Outdoor Masters. Donna also is a judge for sanctioned racewalks. Our By-Laws call for a membership vote for Executive Committee positions, please send in your vote either via e-mail or by calling Rebecca at (773) 278-8776.

Racing Juice



It's time to train for the 30th Annual Indy 500 Half Marathon

Oh, what fun! This should be a fun year for the Indy. I'm sure there will be some excitement for the 30th Annual on May 6. Please see the training schedule at the lower right on this page. We start the first long walk on Saturday, March 4, at 8 a.m. It's a 5-miler.

As the distances get longer we will start the walks earlier, 7 a.m., giving those who need to get to the 9 a.m. to direct the group time to regroup.

Remember, bring water with you, the fountains aren't on yet. And don't forget your replacement gels. Dress in layers. As you heat up, you can remove one layer and not overheat.

I have not yet received notice from all who are registered. As I have it the following are registered for the Indy: Donna Green, Rebecca Gilman, Doris and Rich McGuire, Rick Daitchman, Manny Eckert, Michele Smith, Sylvie Bouriaux, Judith Jakaitis, Sue Boose, Ray Glend, Liz Wells, Bliss Packer. If I haven't mentioned your name...please let me know, 773/327-4493 or arcaswiss@aol.com. Let me know if your name is on the list and you are not training or you need the training manual.

Race That's Good For Life 5k Racewalk

The Oak Park Runner's Club will be hosting the 5k Racewalk, Sunday, April 9. The event will combine both men and women. Register through www.oprc.org, or google 'race that's good for life.'

If it's cool, please wear tight-fitting tights. This is a USATF Certified Race and racewalk rules apply.

Thursday Night Tempo Training

Training this year will start in late April at 6:30 p.m., giving folks time, post work, to get to the field house near the bridge over the Drive.

This is a more intense training to build speed. You need to have an endurance base (long miles at 70-75% maximum heart rate). The rule of thumb in speed training in racewalking is the following: form, endurance, then speed. You need to have a solid racewalk form for tempo, repeat and interval training.

Thursday night training usually is one hour, but can go over depending on the training session.

See ya on the path,

Diane Graham-Henry

Long Walks



We have launched the 2006 schedule and hope to see many Chicago Walkers again this year. Most walks do not require sign-up but please note those that do. Please refer to our website for specific details.

Socials

Holiday Party

Another year has come and gone and we still share great memories of our holiday party. As always the mood was festive and there was a fabulous array of food prepared by our members. This year we

celebrated our first

party key-pro-McCor-

us by sen). to all



celebrated "live entertainment" thanks to the board music provided by Jim mick (referred to Terri Jes- Thank you the volunteers who made this party another success especially to the long-termers Bill Barnett, Manny Eckert, Pat Leshuk and Mary Alice Nesti who organized the volunteer committee. Thank you to the set-up and clean-up committees and those who set out the food. A very special thank you goes to Susan Gauen for graciously hosting the event.

Ethnic Dinner

On January 29 we ventured out to Smak-tak, a cozy Polish/Hungarian restaurant. The food was good especially the Hungarian pancake which was filled with goulash.

Future Social Events

Check out the Web site and the newsletter for future events.

Kathy Kearney

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.

Fitness Program...

(Continued from page 1)

ferred at the end of the session.

First Saturday "Aerobic Mile" events will again be held, which will provide multiple all-level events during the year and will encourage fitness training and heart rate monitoring. As the event will not take more than 30 minutes, there will be ample time for our regular warm-up and a short walk before the event. Walkers' times and heart rates will be recorded so that each person can see his/her progress during the year. Prizes will be awarded at each "Aerobic Mile" event!!

With the emphasis on training, it is necessary that we all be able to hear the Walk Leader and Instructors, and the Announcers after our workouts. Let's limit talk to the person giving instruction or making announcements, so all can hear. A CWC Table will be set up each Saturday morning which will have sign-up sheets for social activities, race pamphlets, and other information. Please use the time before and after the walk/ announcements to view the material.

Wear your watches!! Attendees will be asked to warm-up on a timed basis, as well as perform pulse checks for heart rates. Check out Diane Graham-Henry's article "Understanding Pulse Rate and Training" on our website or at the Saturday Table.

Indy 500 Half Marathon Training Schedule

Week#	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Wk Total
1 (2/27)	3	5	Cross	4	Rest	5	Cross	17
2 (3/6)	3	5	Cross	4	Rest	6	Cross	18
3 (3/13)	3	4	Cross	4	Rest	5	Cross	16
4 (3/20)	4	5	Cross	5	Rest	8	Cross	22
5 (3/27)	4	6	Cross	5	Rest	9	Cross	24
6 (4/3)	3	4	Cross	4	Rest	6	Cross	17
7 (4/10)	4	6	Cross	5	Rest	11	Cross	26
8 (4/17)	4	7	Cross	5	Rest	12	Cross	28
9 (4/24)	3	5	Cross	4	Rest	6	Cross	18



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10% discount to valid Chicago Walkers Club members

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Chicago, IL 60622

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