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## Calendar

- **6/4** – HYDE PARK LW
- **6/25** – ETHNIC DINNER AT BHABI'S KITCHEN
- **6/13,20,27** – Tues. at the Track CANCELLED
- **7/9** – WATERFALL GLEN LLW
- **8/6** – Riverside LW
- **8/?** – ANNUAL BRUNCH
- **8/3-6** – USA NATIONAL MASTER CHAMPIONSHIP
- **8/20** – USATF NORTH REGION 1 5K CHAMPIONSHIP
- **8/27** – ETHNIC DINNER
- **9/16** – Annual Club Diane Graham-Henry 5K Race
- **10/1** – Chicago Half Marathon
- **10/29** – Detroit Free Press Half Marathon

## A Newbie on the Indy 500 Speedway

*By I-Tsuay D'Arcangelis*

I would never have believed it if someone had told me when I joined Chicago Walkers Club in September 2004 that I would be participating in a half marathon 19 months later. I have always relegated the event as one for the masochists who for some unknown reason choose to push their bodies to the extreme. Like my Tai Chi instructor said, this is the complete opposite to the way of Tai Chi. Was I surprised to find myself walking on the Indy 500 Speedway among 30,000 other masochists!



Indy half marathon is one of the favorite events for many walkers in CWC, and Diane Graham-Henry has been holding 10-week training sessions for many years. I started training with the program last year to increase endurance and I never intended to participate in the marathon. Nonetheless, after some pushing and pulling and the promise that the group would not leave me behind, I finally went along for the journey.

And a journey it was. All 16 walkers from the club were automatically divided into 3

## Summer Training Program

### 8:00 Sessions

Now that we're past the Indy 500 Half Marathon, the Saturday 8:00 a.m. training program has shifted from building an endurance base (long miles at 70-75% maximum heart rate) to increasing speed. The summer 8:00 sessions are an hour of two- to five-minute sprints, with slower walking for recovery in between sprints. Hill work, Fartleks, and other types of speed work are used from time-to-time to vary our routine. We finish by 9:00 with enough energy left to join the 9:00 group. Walkers maintaining their endurance base with a long walk (five to ten miles) one day a week can use the 8:00 sessions to increase speed.

### 9:00 Sessions

After our ten minute warm-up we will

groups, the die-hards like Rich McGuire and Mark Sekelsky along with our rising star Tori Cooper, the religious like Doris McGuire and Rebecca Gilman and Ray Glend, and the good old faithful group that I'm a part of. This third group wanted to be fast but we were more there for the journey than the competition. My personal goal was to just be able to finish.

The CWC group lined up at the letter "R" at 7:30AM and it took about 22 minutes for us to reach the start of the course. A RFID tag we tied to our shoes tracked our times on the course that led us through the town and to the famous Indy 500 Speedway. Along the way there were about 100 bands playing and clothes strewn across the sidewalk discarded by racers as they warmed up during the race. 13 miles went by faster than one might think. Toward the end, I had more energy to go farther and my pal on the track, Sue Booze, was excited when she saw the finish line at 100 feet away and she jogged to the finish.

When our group made it to the CWC-designated meeting place after we finished, we were so elated that we danced about.

*(Continued on page 2)*

work on technique, circling, and keeping our heart rates up. We'll continue our "aerobic mile" events the first Saturday of every month to help us track our progress and get ready for our club race (the Chicago Walkers Diane Graham-Henry 5K) on September 16.

### Thursday Night Tempo Training

The Thursday night tempo training group meets at 6:30 p.m. at the Field House near the bridge over the drive for the third component of our training program. This consists of ten- to twenty-minute intervals near 5K race pace (or about 85-90% maximum heart rate). These sessions also build speed and get us used to walking at racing pace.

Donna Green

## Officers (2005-2007)

### PRESIDENT

Rebecca Gilman

### VP, INSTRUCTION

Donna Green

### 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 FY06  
year end is \$2,623.53 (this  
number includes \$732 of  
inventory for the first time.)

## Membership

Current count is 160

## Chicago Walkers Club

(CWC) meets in Lincoln Park,  
**across** from the east en-  
trance 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 volun-  
teers.

Free racewalking clinics are  
offered at 9:00 a.m. each  
Saturday morning from April  
through October.

Visit our website at:  
[www.chicagowalkers.org](http://www.chicagowalkers.org)  
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

June is coming in with a blast of activi-  
ties and warm weather. The Club's new Web site  
is now available - it is very informative, colorful  
and interesting. Many thanks to I-Tsuay D'Ar-  
cangelis, Club Secretary, and Mark Sekelsky,  
Club Webmaster, for their excellent work! Take  
a moment to look - log on to  
[www.chicagowalkers.org](http://www.chicagowalkers.org). (Note difference; old  
Web site was ".com" and new is ".org.")

Read Donna Green's VP-Instruction  
article to get the scoop on all the fitness/racewalk  
training opportunities available on Saturday  
mornings and Thursday evenings. These pro-  
grams will help walkers at all levels prepare for  
participation in the Club's Diane Graham-Henry  
5k on September 16. It's the 20th anniversary of  
the race, and the Racing Committee is already at  
work on race preparations.

Thanks to all of you who voted via  
email and telephone for the open VP-Instruction  
position recently. The response rate was excel-  
lent. Donna Green is already proving to be an  
excellent addition to the Executive Committee.

Check out Diane Graham-Henry's VP-  
Racing article on the Indy Mini Marathon, which  
was held May 6. It was great fun for all the CWC  
participants, with Diane's training program get-  
ting everyone through the race in good time.

First Saturday aerobic mile activities  
began again in May (with a one week delay for  
Indy Mini). Due to inclement weather there  
were only 21 attendees, but everyone walked  
the mile with great enthusiasm and better than  
expected results. Each participant is asked to  
estimate his/her time for the mile, and many  
walkers reduced their estimated times by at  
least 30 seconds, with several coming in a min-  
ute or more under their anticipated times. It  
was great fun!

CWC continues to need volunteers to  
assist with club activities. You'll work with an  
Executive Committee member - with Colleen  
Leahy on Clothes Closet sales (vehicle is  
needed to bring apparel to walks), with I-Tsuay  
D'Arcangelis on newsletter articles and Web  
site activities, with Kathy Kearney on social  
activities, with Diane Graham-Henry on the  
Club 5k and other races, and with Donna Green  
on race clinics. The Club also needs volunteers  
to become Instructors for Saturday morning  
clinics and walks. Please help your Club by  
volunteering for these activities - let these board  
members know you will get involved.

See you this Saturday!! The weather's  
great for our walks.

Rebecca Gilman

## Membership Renewal

### Renew by June 30th to avoid late charges!

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! A new  
application must be completed each year because  
our insurance policy requires that the waiver must  
be signed each year.

If you have not yet renewed for this  
year, there will be a reminder label and an appli-  
cation in this newsletter. If you have any ques-  
tions, contact me at Blossie@rjedp.com or at 773-  
348-0384.

### Please welcome our new members:

Birnest Hicks, Fred Oslager, Eileen Malec,  
Patricia Ramos, Sue Thomas, and Dianna Schero

## A Newbie ... (Continued from page 1)

Sekelsky, my partner in crime in creating the new club Web site, said seriously, "if you can still  
dance, you can cut down at least 10 seconds per mile off your time." I didn't think it was the right  
time to tell him that we even stopped to take a few photos along the way. We newbies made a few  
other faux pas on the track - Diane still fumes about the fact that Liz Wells and I wasted a lot of  
time using the outhouse vs. mastering the art of using the bushes. I was even more shocked to  
learn that the fast walkers were trained to hold it until afterwards! Of course, it is easier if it takes  
2 hours vs. 3 hours to finish 13 miles.

It was such a fun trip because of the non-competitive fashion in which the good old faith-  
fuls took to the track, certainly a good way to start for first-timers. I highly recommend joining the  
training session when it is offered again next year. The most you will risk is being dragged into  
the marathon and having a grand old time!

## 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

## Racing Juice



### The Race That's Good for Life 5k Race Walk, April 9, 2006, Oak Park

Overall top three men were Klaus Thiedmann, 51, 26:32; Paul Regul, 17, 27:37; and Rich McGuire, 50, 28:46. The rest of the men results were: Lenny Salinas, 12, 31:52; Emilio Mancha, 9, 33:40; Rick Daitchman, 55, 35:23. Overall top three women were Tori Cooper, 24, 28:33; Judy Myers, 50 of Parksido, Wisc., 29:54; and Donna Green, 53, 30:05. The remaining women came in: Amani Salinas, 12, 32:19; Stephanie Martinez, 14, 33:20; Doris McGuire, 57, 33:57; Rebecca Gilman, 65, 34:21. Congrats to all in the first race of the season.

### 16 Chicago Walkers Complete Indy

Saturday, May 6, sixteen Chicago Walkers completed the Indy 500 Half Marathon with the best weather seen at the race, cool and sunny. It was the 30<sup>th</sup> anniversary of the race, and the finishers' medals were the best yet. Over 30,000 people started the event in downtown Indianapolis. This event has the best race support, with 100 bands or entertainment along the course, a lap of the Indy 500 track, and plenty of water and Gatorade.

After training 10 weeks in Chicago's cold and wind, the group had a great day.

First timers this year were Sue Boose, Tori Cooper, I-Tsuay D'Arcangelis, Susan Glend, and Liz Wells. The following members are veterans of the event: Sylvie Bouriaux, Rick Daitchman, Rebecca Gilman, Ray Glend, Diane Graham-Henry, Doris McGuire, Rich McGuire, Liz Michiels, Maria Santonato, Mark Sekelsky, Michele Smith.

### 4 Chicago Walkers Complete 8K Race

The USATF North Region 8K Championship race was held May 27 in Indianapolis, with Indiana Racewalkers Club hosting the event. Racewalkers from Indiana, Illinois and Ohio competed; with results for CWC racewalkers: Open Women - Tori Cooper at 45:02; Masters Women - Donna Green, 50-54, 2nd place at 54:44; Doris McGuire, 55-59, 1st place at 55:25; and Rebecca Gilman, 65-69, 1st place at 56:40. Tori was second overall, with 1st place going to Max Walker of Indiana Racewalkers with 44:51. It was quite a finish!

**Racewalk Shoe List now on CWC Web site!**

**Volunteers Needed**  
**Please see**  
**President's Desk**  
**on page 2**

### No Tuesday Nights on the Track for 2006

Due to the decline in participation, Universal Sole has cancelled its June three-week series of track events, Tuesdays at the Track, for this year. This is sad news. Hopefully it will be back in 2007.

### USATF 15k Race Walk Championships

The Twin Cities Race Walkers will be hosting the National, North Region, Mid-America 15k Race Walk Championships in Bloomington, MN, August 20. The Canada vs. USA 10k Race Walk Junior Dual Championship will be hosted the same day. A 20k, 10k, and 3k will also be contested.

For more information and application go to:  
<http://twincitiesracewalkers.org/events/National15kmRW/index.html>

### CHICAGO WALKERS Diane Graham-Henry 5K

The 20th running of the club race is scheduled for Saturday, September 16. Volunteers, of course, are needed. Application and information will appear on the club Web site soon. Mark your calendar!

### New Race Date

The Chicago Half Marathon has moved to October 1 this year. Known as a hot weather event in late August, early September, this year's event should be more congenial weather for the participants. Those Chicago Walkers who are planning on doing this event would need to start their training regime the last week in July. For more information go to [www.chicagohalfmarathon.com](http://www.chicagohalfmarathon.com)

### Also having new race date - Detroit Free Press Half Marathon.

Donna Green and Joan Grossman walked and medaled in this interesting event last year. Donna would like to see Chicago Walkers members do it again. For more information go to [www.detroitfreepressmarathon.com](http://www.detroitfreepressmarathon.com).

Diane Graham-Henry

## Socials

### Pizza Party

Again we enjoyed another fantastic pizza party at Marcellos on March 19. We had our own private room with bartender service and excellent wait staff. Although our attendance wasn't as great



as last year there was no loss for fabulous food and wonderful conversation. The vegetarian gourmet pizza, as always, was our most popular request followed by other gourmet selections. I hope to have our numbers increase next year.

### Ethnic Dinner

On Sunday April 30 we gathered at Larsa's Mediterranean Restaurant in Skokie which serves Lebanese food. Homemade lentil soup was included with



every meal and it was excellent. We also savored such items as Cornish hen, various kabobs and vegetarian selections. The restaurant is a BYOB which made it very affordable.

### More photos are available on our new Web site!!!

Please see the Web site and the newsletter Calendar on page 1 for future events.

Kathy Kearney

## Hiking, Any One?

By Liz Wells

I like to walk. I like to walk outdoors. I particularly like walking outdoors when the weather is pleasant, the scenery is beautiful and the company is interesting. I like to find new places to walk. These preferences have led me to Chicago Walkers, to the long distance Chicago Walkers group and to the world of walking trips.

There are, of course, many ways to take a walking trip. I am a walker who appreciates a soft bed, a hot meal (that someone else prepared) and a hot shower at the end of my walking day. Thus I prefer trips that provide indoor accommodations. In the fall of 2005 I booked a seven night walking trip to Malaucene, France. This was an “inn based” trip where we stayed at one inn for the duration of the trip. This also was a guided walking trip that one or two guides led the walks.

Malaucene is a small and somewhat remote village in France about a 45 minute taxi ride east and north of Avignon, France. Sharyn Sobel, another member of Chicago Walkers Club, and I stayed at a lovely small (20 rooms) family run inn called Domaine Des Tilleuls. There were approximately 25 walkers on the trip. About twelve of the group were at one time or another from Britain and the rest of us were from the U.S. and Canada. Ages ranged from about 35 to somewhere over 75. About eight of the group were in significant other type couples. The rest of us were singles.

Our days generally started with a fairly early wake up (6:30 or 7:00), a bath/shower and then continental breakfast in the common rooms of the inn. We each had several important decisions to make before commencing our walk for that day. The first decision was what to eat for breakfast. The menu always included coffee and a variety of hot teas, fresh bread, fresh croissants, fresh fruits (apricots, peaches, bananas, and apples), ham, boiled eggs, cold cereal, and many things I don't recall. The next decision was what to choose to eat for dinner. Each night we ate at one of two restaurants that were within a two block walk of the inn. In the morning the restaurant for that day would post three or so possibilities that each of us would have for our appetizer, main course and dessert. The

third decision was what to eat for lunch. After breakfast we would walk the block into town and decide what we wanted from which of the three town bakeries (a hunk of freshly baked bread, a croissant, a freshly made quiche or other French concoction), from the butcher (ham, sausage, etc), from the grocery store (cheese, yogurt, etc.), and/or from the occasional farmers' market



(e.g., fresh apples right off the pick-up truck).

After finalizing these very important food decisions, the next decision of each day was what walk to take on that day. Every day there was a choice of a “hard walk” (6-10 miles with some major elevation changes), or an “easier walk” (5-8 miles with some elevation changes). Our guides would outline the walks for us over breakfast so we knew what to expect. For the first day's walk we started walking from the inn. The other days we took a bus ride from the inn that lasted from ten minutes to an hour and then walked from there. The bus would pick us up at the end of the walk at a prearranged place and time. Generally we left the inn about 9:30 or 10:00am, and returned about 4:30 or 5:00pm.

When we returned from our walks we had an hour or two to clean up before dinner. The dinners ranged from good to fabulous. At both restaurants cafes of wine were always on the table and were refilled to our hearts' content. After the first night of drinking a bit too much wine I settled into a more moderate approach which served me better for the next day's walking. I still recall a couple of wonderful desserts which I would be pleased to describe in delicious detail.

Air temperature for our week in Malaucene ranged from about 40 degrees in the morning to 75 degrees mid-afternoon. One day it sprinkled a bit and only reached about 60 degrees. The walking pace was slow to moderate in the “easy” group. The

walking pace in the “harder” group was generally faster than I wanted to go. Elevation changes varied depending on the walk. On the “easy” walks they were not exhausting. The scenery ranged from pretty, to charming, to spectacular. On every walk I was grateful for my well-broken-in, ankle supporting hiking boots, my multiple light clothing layers, my 2+ liter supply of fresh water, and my abundant snacks.

Walking in the French countryside was different than comparable walks I have taken in the United States. In the U.S. walks seem to take place primarily in state and national parks. In France we were at times in state park/reserve/forest type places, at times on country roads, at times winding through vineyards, and at times crossing behind the backyard of a private home. Not infrequently we would pass through or end up in a small village with time for exploring before heading back to the inn.

Generally I have enjoyed the company of the people I have met on walking trips. This trip was no exception. I believe that any two walkers will always find a wealth of things to discuss about walking itself. The conversation is likely become even more interesting when the person with whom you are talking is a 75+ year old native Brit who has taken hiking trips throughout Britain and Europe at least once per year for the past 35 years, or when the person comes from a family of food and wine connoisseurs who are about to embark on a two week long vacation in a French farmhouse.

I find walking trips to be a wonderful way to take a vacation. The time, effort and expense I have spent on these trips has been well worth it for the benefits I have received. In planning a trip like this advice from people who have taken similar trips was invaluable. So was the internet. Following is a list of some companies I have found that offer multiple day walking trips. Bon Chance and Bon Voyage!

Backroads [www.backroads.com](http://www.backroads.com)  
HF Holidays [www.hfholidays.co.uk](http://www.hfholidays.co.uk)  
New England Hiking [www.nehikingholidays.com](http://www.nehikingholidays.com)  
REI [www.rei.com](http://www.rei.com)  
Sierra Club [www.sierraclub.com](http://www.sierraclub.com)  
Timberline [www.timbertours.com](http://www.timbertours.com)  
The World Outdoors [www.theworldoutdoors.com](http://www.theworldoutdoors.com)