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# Newsletter

MARCH 2007

RACEWALK FOR FITNESS AND FUN

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## All about Training — New and Improved

### Training Programs

- 8:00 Saturday threshold interval training continues, weather permitting.
- 6:30 Thursday night tempo training will start in early April; watch the web site for the date.
- In late April or early May a Saturday workout will include watching a 20-minute training video. The time and place (probably the Park District's Cultural Center on Stockton) will be posted on our web site and announced at prior Saturday workouts.
- Other training opportunities are being planned that may include video recording of interested members.
- The aerobic mile, and the occasional aerobic 3K, will be back this year on the first Saturday of the month from May through September. The Indianapolis Mini Marathon is on May 5. This year we have two half marathon training schedules – see Web site. One is the traditional schedule that Diane prepared several years ago. The other is a 3-day per week schedule adapted from an article Diane found in Runners World. Please read about what Diane's up to from her article on page 3. If this will be your first time doing the half marathon training schedule, please let me know so I can give you Diane's packet of tips on stretching, injury prevention, nutrition, and other topics.

### 9AM Saturday Format Modified

This spring we'll try something new: walking as a group without circling. After our

### Membership Renewal

**It's that time again** – April 1<sup>st</sup> – which means it's time to renew your Chicago Walkers membership. For your convenience, there is an application in this newsletter, but you can also download an application on our Web site.

The fiscal year for CWC is April 1 – March 31. A late fee of \$5 is assessed for members renewing after June 30<sup>th</sup> - a grace period of three months. New members who join after Nov. 1<sup>st</sup> will be considered as prepaid for the following year. A new application must be completed each year because our insurance policy requires that the

warm up we'll all walk in the same direction for a set time, then turn around and walk back. Instead of thinking about when we need to circle we'll be able to concentrate on our pace, using the half mile markers to track how far we go.

### Training Schedules

Have you been following the training schedule that was distributed at our Saturday walk and posted on the Web site? Monthly training schedules for competitive racers, occasional racers and fitness racewalkers through February or March were posted on our web site in January. We've recently posted schedules though May for competitive racers and fitness racewalkers. Occasional racers can shift to one of the half-marathon schedules for March and April, a May schedule for occasional racers will be posted soon.

How are we doing two months into our new training schedules? The competitive racers haven't quite gotten in all their scheduled miles. Some of us have come close and most have at least done more than we normally do in winter. The biggest problem has been doing long walks indoors; it's hard to do more than 10 miles on an indoor track, even with a friend. The March training schedule for competitive racers was adjusted to slightly shorten the long walks and increase the amount of anaerobic threshold interval training. And because some competitive racers are training primarily for 5K and 10K races, and not 20K's, two distances are given for the long walks, the lower one to train for the shorter races.

Donna Green

waiver must be signed each year. If you have any questions, you can reach me at 773-348-0384 or at [colleen43@gmail.com](mailto:colleen43@gmail.com).

Colleen Leahy

**If you want to purchase any CWC logo wear, please check out the items in the Clothes Closet on our Web site!**

## 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

Cash at the end of FY06 year end is \$1,784.14 (this number no longer includes non-cash assets.)

## Coaches

Diane Graham-Henry  
Joan Grossman

## 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 134 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 website at: [www.chicagowalkers.org](http://www.chicagowalkers.org)  
Produced by club member Mark Sekelsky, our wondrous Web-master!

Chicago Walkers Club  
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(773) 278-8776  
[Becky1040@sbcglobal.net](mailto:Becky1040@sbcglobal.net)

## President's Desk

Daylight Savings Time is approaching, so Spring cannot be far behind. For those of us who have been skiing (me!), it will be great to get back on the park path and into Donna Green's training program again.

I hope you are enjoying Donna's training programs. For those planning to racewalk the Indy Mini Marathon in May, the programs will get your speed up while maintaining your endurance. The programs will also start getting everyone ready for the club race this year, as well as other races where club members usually participate – the Lakefront 10, and others.

World Masters competitions are held this year in early September in Riccione, Italy, and a number of CWC racewalkers plan to attend and participate. Because of this, we are changing the date of the club race to June, which is usually held in September. We also look to

## Member Profile

By Pat Ramos



Do you remember your first time? That is, do you remember the first time you looked for the tree in Lincoln Park where the Chicago Walkers meet? Bill Barnett does. It was in 1989 when Bill was just seventy-two years old. He had recently learned about racewalking from Augie Hirt and was delighted to learn that a club for racewalkers met locally every Saturday morning. Soon Bill's exercise routine began a transformation from jogging to racewalking.

According to Bill's daughter, Leone, Bill had been an athlete all his life and was particularly interested in swimming, biking, skiing and jogging. He even jogged during their family vacations to Acapulco, Mexico when the temperature made everyone else in the family want to stay in a cool pool. But in November of 1988 Bill's wife died and in 1989 he was looking for something new when he came across an advertisement for the health club in Gilman, Illinois. The health club offered everything an athlete could want including a change of sweat suits every hour, but what struck the chord for Bill was the presentation Augie Hirt made about racewalking.

Although interested, Bill did not turn easily to racewalking since his many years jogging had taught his body and particularly his legs to use different muscles. Bill likened a runner learning to racewalk to a horse learning to trot. But Bill honed his technical skills to compete in his age group and even placed first on a

participate in two Postals this year, one in May and one in October. Postals are held on an outdoor track, with participants racewalking for one hour for distance.

Club elections will be held this May, with new officers taking positions in June. If you are interested in volunteering your time for the club as an officer, please contact Jay Samstag at [jsamstag@chicagogsb.edu](mailto:jsamstag@chicagogsb.edu) or call him at 312-787-4508. He is heading up the Nominating Committee and will be happy to hear from you. If you can't volunteer to run for office, volunteer to work on a committee – there is much to be done to run this club and more volunteers are always needed.

As always, come walk this Saturday – and bring a friend. It is a great way to start your weekend!!

Rebecca Gilman

number of occasions, which he attributes to the lack of entrants in his age group.

Bill still walks every Saturday he is in town and participates in many of the ethnic dinners and other social aspects of the club. In 2000, Bill and his daughter, Leone, went with Jane Sullivan; Bill's brother-in-law, Manny Eckert; and Manny's daughter, Nita, to Ireland for a walking trip organized by Kathy Kearney. For six days, they hiked up and down the Hills of Ireland from early in the morning until late in the afternoon. As surprising as it may seem, Bill says descending the hills was more difficult because it was easy to lose footing on the stones. However, there was a pub at the bottom of every hill, which made the trek worthwhile.

Bill was born and raised in Chicago. He attended Loyola Academy, the University of Loyola and Loyola Law School. During World War II, he was in Counter Intelligence and spent his war years saving the country from invasion from Canada. When he came home to Chicago after the war, he became a prosecuting attorney for the Internal Revenue Service working up to be District Counsel for Michigan and Ohio. He then went on to be the Chief Tax Attorney for the Northern District of Illinois. In 1960, Bill switched to private practice and began defending citizens against charges related to tax, anti-trust and fraud issues, representing many political and business figures in Illinois, Michigan and Indiana including a former Governor and Attorney General. Currently Bill is quasi-retired, but still represents people on civil tax matters.

## Racing Juice



It's another extremely busy year for me this year. In December I was named USA Track and Field coach for the Junior Team to the Pan Am Games in Brazil in April. Between Christmas and New Year I worked with the teens at the Junior Camp in Texas. I've been working with a Portuguese tutor twice a week for several weeks...that's why you've not seen me out on the path (well, and the bitter cold factored in). I'll be in Miami at the Pan Am Trials in March. And in May I will be working the NAIA National Collegiate Championships in California.

So, I will have little time to train with you folks this year for the Indy, May 5<sup>th</sup>. But I will be there! I am switching my training to the 5k only this year. I've given the half marathon training schedule to Donna Green to work up for those of you signed up to go. The training should start in a couple weeks. Please try to have 10 to 15 miles per week under your belt at this point. I know...it's not easy during the cold, sloppy February weather. Operative word was "try." There is a "more intense" training schedule Donna will be handing out. If any of you want to work out during the week with me, I'd be open to it. I'll be doing that training schedule.

Thursday night interval training will start sometime in early April. We'll get that date out to you soon. While I'm in Brazil, Donna will oversee the Thursday night workouts.

As with the half marathon training...the formula for a good racewalker is the following: form, endurance, then speed. Do not get them out of order.

The following are races you may be interested in.  
3/2/07 – UW Parkside 3,000 indoor (5 p.m. Friday), Kenosha, WI, [dewitt@uwp.edu](mailto:dewitt@uwp.edu).  
3/25/07 – LaSalle Bank Shamrock Shuffle 8k., Chicago. [www.shamrockshuffle.com](http://www.shamrockshuffle.com)  
4/8/07 – UW Parkside (5k, 10k, 20k), Kenosha, WI, [dewitt@uwp.edu](mailto:dewitt@uwp.edu)  
4/29/07 – Indiana 5,000 track, Indianapolis, IN, Cheryl Sunman, [ianms@iquest.net](mailto:ianms@iquest.net)  
5/12/07 – USATF/MN 20k Championship (3k, 10k, 15k also), [info@twincitiesracewalkers.org](mailto:info@twincitiesracewalkers.org).

**No racewalk this year at the 4/15/07 Race That's Good for Life.**

**IMPORTANT NEWS:** Many of the Chicago Walkers will be participating in the World Masters Championships in Riccione, Italy, in early September. The Chicago Walkers Diane Graham-Henry 5k Racewalk has been moved to **June 16**.

**NOTE:** I forgot, and didn't know, to mention Mark Sekelsky also racewalked the LaSalle Bank Chicago Marathon last October with a finish of 4:28:44. He also did the Houston Marathon on January 14 with a PR of 4:22:34. Kudos, Mark!!!!

Diane Graham-Henry

## Socials



I have tentatively scheduled social events for 2007 which promises to be another fun year. I hope many more can join us as it is a wonderful way to really know your fellow walkers plus enjoy a very pleasant evening. We will be dining at several ethnic restaurants as usual plus there will be our annual pizza party, brunch, Oktoberfest and ending the year with our holiday party. Our first ethnic dinner was on January 28 at Maiz, a Mexican restaurant, which was rated as a 4 FORKS by the Tribune.

In addition, I've scheduled a fabulous evening of entertainment at the College of DuPage on February 24 which featured a cirque de sol birdhouse factory circus performance. Refreshments was served at my home prior to the performance.

Please check our Web site for all events and dates.

## Holiday Party

We celebrated another great holiday event with our party at 2800 Lake Shore Drive. As always the decorations were very festive adding to the mood of the walkers and their guests. Thank you to the club for supplying the drinks and meats and to all those "cooks" who supplied great side dishes. We could never

have such a great celebration if it wasn't for the many fabulous volunteers. A great



big thank you to Bill Barnett (the ice man), Manny Eckert (the wine man), Pat Leshuk (the poinsettia lady) and Mary Alice Nesti (the volunteer coordinator lady responsible for organizing all the help). I would also like to thank the following people who sacrificed walking to set up the room – Susan Gauen, Kathy Stern, John Graham, Mary Alice Nesti, Marilyn Sweeton, and Pat Leshuk. Lastly much gratitude to those who helped with the food setup and cleanup – Lee Wolin, Irmela Levin, I-Tsuay D'Arcangelis, Liz Wells, Terry Jessen, Marilyn Sweeton, and Jay Samstag.



## Long Distance Walk

The calendar for the long distance walks is now complete and can be found on our Web site. Please check it out as we have added several new walks this year. Keep in mind that this is not a competitive group but rather a way to enjoy the beautiful sceneries prevalent in the Chicago area. You need not sign up for the walks unless it is otherwise specified.

Kathy Kearney