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Calendar

- **6/3** – LW Big Bend Forest Preserve
- **6/10** – Stride to Save Lives 2km RW Chicago
- **6/24** – Club DGH-5K
- **6/24** – Ethnic Dinner
- **7/8** – LW CHICAGO BOTANIC GRADENS
- **7/14** – LUSATF NORTH REGION 10K RW, INDY
- **7/21** – Annual Brunch
- **8/5** – LW Historic Elmhurst
- **8/18** – USATF INDIANA ASSOC 5KM RW INDY
- **8/26** – Ethnic Dinner
- **9/9** – LW Hyde Park
- **10/21** – Detroit Marathon

Introducing Your New Board

Below are the profiles and photos of the CWC board of the June 2007 to May 2009 term. The profiles and photos of our club webmaster and club reporter are also included.

President

I-Tsuay D'Arcangelis

When I first found CWC on the Internet in 2004, I was somewhat apprehensive whether racewalking was something I could do and like. Walking had always been enjoyable to me, but racewalking? It turned out that racewalking was not only fun, but also provided me the benefit of improved health and a tool to arrive at my appointments on time. I have been most happy to have met the many independent-minded walkers along the way, a side benefit I had not expected.

In my previous life, I ran information technology and sales support departments for fortune 100 companies. As the new president of the club, I hope to bring my experience to continuously improve the club. I welcome any and all comments and suggestions.



Treasurer

Irmela Levin

When I joined the Chicago Walkers Club about 15 years ago, learning to racewalk added a whole other dimension to my love of



Training Program

- 8:00 Saturday threshold interval training continues.
- 6:30 Thursday night tempo training has started and will continue through August. Be warmed-up by the Field House by 6:30.
- This year's first aerobic mile was on May 5 with 17 participants! These will continue, along with an occasional aerobic 3K, the first Saturday of the month through September. They're a fun way to track your progress.

New 9:00 Saturday format

We've used the new out and back format a few times now. I'd like to know how you like it and want to hear your suggestions on how we can

walking and hiking. I've enjoyed participating in all the activities the club has to offer. I was treasurer for 6 years, and now that I am retired from my job as controller for a real estate management firm, I'm happy to serve in this capacity again.

Secretary

Mary Sulmers Newton

I come from Brooklyn, New York, but I'm not new to Chicago. I earned my undergraduate degree at Northwestern University in Evanston many years ago. After graduation, I kicked around the city for a while then moved to Atlanta, Georgia. A job offer sent me back to New York City in 1989; and a marriage proposal brought me back to Chicago in 2001.

I joined Chicago Walkers in the spring of 2004. I didn't understand what racewalking was when I first joined and certainly didn't think I could ever get the hang of it, much less do a 5K. I could barely do five blocks. But with expert coaching, plus the encouragement provided by Chicago Walkers club members, I have come a long way. My participation was interrupted by my father's illness (he passed away in September 2005), and my own health challenges, but in 2006 I



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make it work better. Let me or another Board member know what you think.

Training Schedules

Monthly training schedules through August for competitive racers, occasional racers and fitness racewalkers are being posted to our Web site. For the occasional walkers these include two schedules – one 4 days per week and the other 3 days per week – using the same approaches as the two half-marathon training schedules that were posted in March (Ruth Buffalo used the new 3-day half marathon training schedule with biking and swimming as her cross training activities to a great finish—see marathon results listed under

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Officers (2007-2009)

PRESIDENT

I-Tsuay D'Arcangelis

VP, INSTRUCTION

Donna Green

VP, MEMBERSHIP

Colleen Leahy

VP, PUBLIC RELATIONS

Bill Barnett

VP, RACING

Diane Graham-Henry

VP, SOCIAL

Kathy Kearney

TREASURER

Irmela Levin

SECRETARY

Mary Newton

Financials

Fiscal Year: April 1 - March 31

Cash at the end of 4QFY07 was \$1,055.68 (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 135 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
Produced by club member Mark Sekelsky, our wondrous Web-master!

Chicago Walkers Club
P.O. Box 101220
Chicago, IL 60610
President@ChicagoWalkers.org

President's Desk

Club elections were held via a mail-in card this year, and the number of members participating was an all-time high for the club – over 50% participation! The new board will be effective as of June 1, please see the front page article for board member details. Congratulations to the new Board.

And, our thanks to Jay Samstag, who managed the election process as Chair of the Nominating Committee (of one). You did a great job, Jay!

The club still needs volunteers – someone to assist Colleen Leahy with Membership/Clothes Closet and additional members for the Race Committee headed by Doris McGuire. Kathy Kearney needs someone with a camera for social events, so that pictures can quickly get into the newsletter and on our website. If you have some time, please consider volunteering to help your club.

It has been a great four years as your President, and I very much appreciate all the help and encouragement I received from so many members. I was fortunate to have a very enthusiastic and effective Board, which allowed us to develop more structured instruction programs and to reinstitute 1st Saturday Aerobic Mile racewalks. Thanks for all your support during the past four years.

As always, come walk this Saturday – and bring a friend. And, join us on Thursday

Introducing Your Board — cont'd

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made a commitment to be more focused about my health. I walk at least 12,000-15,000 steps every day and have made substantial progress in speed and endurance through the clinics and tips I've acquired through Chicago Walkers. Last year I completed the club's 5K and the Cincinnati Turkey Trot 10K. I joined seven club members at this year's Indianapolis ½ marathon, finishing in 3:37:20.

I work at the Chicago Transit Authority as a Manager in the Marketing and Promotions Department. My husband Alvin and I live in Rogers Park, and attend Moody Church, where I serve as an usher. "I joined Chicago Walkers for the exercise, but I stay because of the fun and friendship. Better health is the blessing but the fellowship is the bonus! I want to do all that I can to help the club continue to grow.

Instructions

Donna Green

It's been an honor to serve on the



evenings at 6:30 PM at the South Field House for additional walks and training.

Rebecca Gilman

I'm excited to have the opportunity to serve as the President of our club! Although I know there will be hard work ahead, the thought of all the friendly faces in the club as well as the willingness and abilities of the board of directors put my mind at ease.

Needless to say it does take every member to make this a great club. As a first step, I would like to see our board activities take on a more participatory process. As the board works to clarify the goals of the club amongst other tasks, you are welcome to attend our board meetings, which are held at minimum four (4) times a year. All common practices for non-board members will be followed—you can motion to speak but you will not be able to vote.

The currently scheduled board meetings are 8/11/07, 10/20/07, 2/9/08, and 5/17/08. We usually meet at the Park Café in Lincoln Park unless otherwise specified. We will utilize the Web to post up-to-date board information.

I look forward to working with everyone in the next two years. If you have any suggestions and feedback, please don't hesitate to contact me.

I-Tsuay D'Arcangelis

CWC Board for the past year and I look forward to my next two-year term. My goals are to offer instruction to all interested members and to inspire more members to race. I love walking with the club and having an excuse to drive to the City from west suburban Woodridge at least once a week. Besides being a devoted race-walker, I'm somewhat fanatical about ecology and native plants (I work for the Department of Energy as an environmental engineer, maybe there is a link here). Please indulge me if you find me bending your ear about the switch grass or wild indigo near North Pond. And let me know if you have any suggestions for our instruction program.

Racing

Diane Graham-Henry

I've been a Chicago Walkers member for 20 years. Lost count of the years holding the office of membership chair, producing the club newsletter



(Continued to newsletter insert)

Racing Juice



Indianapolis Mini Marathon

Eight Chicago Walkers completed the May 5 half marathon in Indianapolis. Congratulations to Mary Newton for finishing her first half marathon in 3 hours and 37 minutes! Mary will continue to work towards her goal of completing the Chicago Marathon this fall. Let's all support her in this goal! Rebecca Gilman walked with Mary and they crossed the finish line together.

Kudos to Ruth Buffalo for completing her first half marathon as a race walker in 2 hours and 43 minutes!

Liz Michiels finished in 3 hrs 8 min beating last year's time by 14 minutes! Rich McGuire took two minutes off his time from last year to finish in a speedy 2 hrs 9 min. Doris McGuire finished in 2 hrs 36 min and Donna Green finished in 2 hrs 28 minutes. Rick Daitchan did the race with his sister and finished in 2 hrs 40 min.

Annual 5K Race— Sunday June 24

VOLUNTEERS NEEDED!!!!

The Chicago Walkers Annual Diane Graham-Henry 5k is Sunday, June 24, 2007 at our new race course at Montrose Harbor. This is THE CLUB's Race, and it depends on its members to make it a success. Please, if you are not racing, volunteer! Call Rick Daitchman, or Doris McGuire, or sign-up after the Saturday walk. Or fill out the form on the enclosed race application.

Next year the race will return to its September time slot.

Thank you, Thank you, Thank you!!!!

Just a reminder in case you have not already registered for this year's **Detroit Free Press/Flagstar Marathon presented by WDIV Local 4**, which will take place on Sunday, October 21.

For information on competitive racewalks go to www.usatf.org/calendar/search and select "race walking" in the box labeled "Event Type."

Diane Graham-Henry

Please welcome our
new members:
Carol Donahue
Patricia Spear

Training Program—cont'd

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Racing Juice). These are aimed at getting ready for the June 24 CWC 5K race and the Chicago Distance Classic half-marathon on August 24.

Instruction

Our April 28 mini clinic at the

Lincoln Park Cultural Center was a success. We watched segments of a Martin Rudow training video and then practiced his technique tips. Coach Diane and Coach Joan made sure

we got it right. We'll have another one sometime this summer following the same format. Watch your email or check our Web site for the date.

And yes, we still want to schedule some video recording of interested members.

Donna Green

Socials

Do you like to attend a fun dining experience or social gatherings? Do you like to point and shoot with your digital camera? Do you like to post them on the Web site and share with your friends? If you answered "yes" to all the above questions, why not put all your interests at work for the club? I could use one or more volunteers to take pictures at our social events and post them either in our newsletter or on our Web site. Please help our club by volunteering!

We held our annual pizza party at Marcello's again this year on March 24. Although the attendance was low everyone had a wonderful time. It is always such a great event as we are able to mingle beforehand over beverages and snacks before the feast begins. After we taste many varieties of pizza it is always

determined that the veggie, no cheese remains the favorite. The evening ends with a beautiful assortment of desserts.

On April 15 we gathered at Karyn's on Wells for a vegan dinner. It was very well attended; however, the majority said it was fun to try but not a restaurant they would return to.

Coming up is a Moroccan restaur-

ant to be held on Sunday, June 24, the club race date. We will be tasting specialties at the Marrakech Espresso Café. Please refer to the enclosed flyer for more details.

Also on the horizon is our

annual brunch. Diane Graham-Henry will again open her home and gardens for this event which will be held on Saturday, July 21 immediately following the walk. A sign-up sheet will be distributed after our walks beginning late June. As always members provide side dishes and juices or contribute monies toward the purchase of ham and turkey. Hope to have an even bigger crowd this year!



2007 summer brunch location

Long Distance Walk

Our next walk will be the Big Bend Forest Preserve near Arlington Heights. We will walk the forest preserve path to the nature center and back to the parking lot.

Upcoming walks include the Chicago Botanical Gardens, historic Elmhurst, Hyde Park, Starved Rock and the Morton Arboretum to round out the summer and fall. Please feel free to join us and the only sign-up walk of these will be Starved Rock.

Meet up with fellow hikers and enjoy the sceneries and learn the history. You need not sign up for the walks unless it is otherwise specified. Please see the Web site for further details.

Kathy Kearney

Introducing Your Board — cont'd

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and a short stint as treasurer, but that was long ago. Began the club race with Al Fisher, who was very instrumental in its success. The race has had many course changes, and I think the current one is the best...flat and fast.

Have been instructing racewalking for well over 17 years and coaching for 10, receiving USATF coach certification 7 years ago. I spent 10 years teaching racewalking at the Francis Parker School spring evening class program as well as setting up several corporate walking programs over the years. In my "spare" time, I work as a freelance photographer and writer, and U.S. Representative for ARCA-SWISS.

The Chicago Walkers Club has been a major part of my life for all these many years. I look forward to many more.

Public Relations

Bill Barnett

I was attending the Heartland Spa in Gilman, IL (Fall 1989) and while there I met Augie Hirt who was the athletic director of the spa. The last day of the weekend there, Augie gave a demonstration of racewalking and told me about the club he had started in Lincoln Park. Shortly thereafter, I showed up at The Tree across from the Zoo and began my career of racewalking. I had been a runner and jogger for many years, but became fascinated by racewalking as an alternative and a savior of knees. Although I have never reached the proficiency of Augie Hirt and Al Fisher (who had become my mentor for a couple years), I enjoyed the competition and the camaraderie and still do notwithstanding the fact that all the girls seem to be able to beat me now!

Far from my work in counter-intelligence and tax law practice, I now ring in sponsors and put the words out for CWC. I'm happy to be around to contribute.

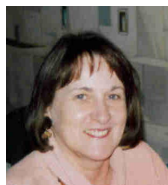


Membership

Colleen Leahy

While training for the Avon 60-mile Breast Cancer Walk in 2001, I met Irmela Levin, who was also signed up to do the Walk. Irmela and I decided to be tent mates. It was the beginning of a nice friendship and my introduction to the Chicago Walkers.

After we finished the race in June, I joined the club and became the membership chair several months later. Having taught for thirty-five years in the Chicago Public schools, I felt confident that I could keep track of 130 plus adults (on paper)! I have been



membership chair ever since and enjoy the club and the friends I have made.

Social

Kathy Kearney

In 1991 I made a decision to do something extra healthy for myself so I quit smoking and after reading an article in the Chicago Tribune featuring the Chicago Walkers, I decided to join the club. I love the exercise and especially the camaraderie of the group.

I have enjoyed being the Social Director for the club for about the last 10 years and I am looking forward to another term of promoting friendship and experiencing culinary delights among our walkers. It provides a good balance to my sometimes stressful job as the human resource coordinator to ensure regulation compliance from 250 field agents.



Webmaster

Mark Sekelsky

I've been racewalking for just about 17 years and joined the CWC as a "long distance" member (I live out in Batavia) in late 1998. My wife Barb and I (married 20 years this summer) have a 16 year old son (Adam) and a 13 year daughter (Sara). So between the kids' activities, our own activities and the drive, I don't get down to Lincoln Park too often!

Besides racewalking, I enjoy tinkering with computers, hence the webmaster job. I've no formal training, just things I've learned from trial and error. If you are really bored you can go to <http://sekelsky.homeip.net:81> and with the user name and password both being guest, you can see my automated house. I've worked for McDonald's Corporation for just over 30 years (so I do have training on how to sell hamburgers!). In fact other than some baby sitting and a paper route, working for Mickey D's is the only job I've had.



Club Reporter

Pat Ramos

Racewalking is new to me, but I enjoy walking and wish I could do it more often. I have a background in journalism, but currently am a paralegal for the FDIC. When I was asked to write an article about my experience at a walking clinic, I was happy to agree and am looking forward to writing more member profiles.

