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Newsletter

SEPTEMBER 2007

RACEWALK FOR FITNESS AND FUN

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Fitness Check, Anyone?

Source: Therese Iknoian

Some asked, "What is this aerobic mile for anyway?" It serves two purposes – 1) to give you a gauge of your own speed, how it might have changed, so you can set a reasonable speed target you'd like to attain; and 2) to determine which level of exercising/training activity that may fit you the best.

Here is how Therese Iknoian

	Minutes		Program Classification	Program Example (per week)
	Men	Women		
< 13	< 14	Athletic	5 workouts: 1 short, 2 medium, 2 long	
13-16	14-17	Fitness	4 workouts: 3 medium, 1 long	
> 16	> 17	Health	3 workouts: 3 short (3/4 mile:19-23 mins.)	

explains it in her book "Fitness Walking." (Please see what's in our newly established CWC book library in the "Training Program" section below.)

Based partly on a test developed at The Cooper Institute in Dallas, Texas, the 1-mile walking test accurately evaluates general aerobic

fitness levels for anyone 20 years old or older, of either gender and any body type. Simply put, walk one mile as fast as you can and time yourself, then use the time to assess your walking fitness level. This evaluation will give you an excellent idea of your aerobic fitness and how much walking you can do. It helps you determine the structure of your walking program.

This evaluation also gives you an idea of where

your lactate threshold is. That's the point where your body can't provide oxygen fast enough to hard-working muscles. Without oxygen, your muscles aren't fueled quickly enough. Your brain hits the panic button, and that dumps waste products such as lactic acid into your system, which

(Continued on page 2)

Calendar

- 9/9 – Chicago Half Marathon
- 9/9 – LW Hyde Park
- 9/22 – LW Lake Geneva
- 10/6 – USATF 5K National
- 10/6 – LW Starved Rock
- 10/7 – Chicago Marathon
- 10/14 – USATF Illinois Postal
- 10/21 – Detroit Free Press Half Marathon
- 10/27 – Oktoberfest
- 10/28 – USATF 30K Championship
- 10/28 – Morton Aboretum
- 11/4 – LW Moraine Hills
- 12/1 – Holiday Party
- 12/2 – LW Fullersburg Woods

Training Program

The change in seasons will call for a slight adjustment in our club's weekly training schedule. Please note:

- 8:00 a.m. Saturday threshold interval training continues.
- 6:30 p.m. Thursday night tempo training ended on August 30 and will resume spring 2008.
- September 1 will be our last aerobic mile for the year.

Racewalking is about form, endurance, and speed - in that order. Fall is a good time to work on form, as competitive season ends and the competitive walkers become worn out. Beginning in late September, our Saturday 9AM sessions will place more emphasis on form and instruction will be provided to members wanting to improve. In our quest to improve, we may return to our old format of circling. Circling keeps the group together and makes it easier to provide instruction. Let the board know what works best for you; we need your input.

Fall is also a good time to read about race walking. Chicago Walkers started a library

with four excellent books so far. Let me know if you'd like to read one of the books. I'll have them in my car on Saturdays.

- "The Complete Guide to Racewalking: Technique and Training" by Dave McGovern
- "Marathon Walking" by Dave McGovern
- "Walking Fast" by Therese Iknoian, and
- "Fitness Walking" by Therese Iknoian.

Ruth Buffalo, the triathlete, is signed up for the September 28-30 Dave McGovern Racewalk Clinic in Louisville, Kentucky. Ruth is looking for walkers who would like to go and share the travel to Kentucky. You can contact Ruth via e-mail at rbuffalo@ameritech.net.

Dave McGovern (the author of two of the books listed above) is a world-class competitive racewalker and coach, as well as author on the sport. He has hosted clinics throughout the country. Many Chicago Walkers have attended his clinics and found them very helpful. For more information contact: members.aol.com/rayzwocker/worldclass/homepage.htm

Donna Green

Officers (2007-2009)

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Financials

Fiscal Year: April 1 - March 31

Available cash at the end of Q1FY08 is \$1,896.40.

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 129 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 Web site at: www.chicagowalkers.org
Produced by club member Mark Sekelsky, our wondrous Webmaster!

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

President's Desk

It's hard to imagine that the summer is over. We certainly have had some real hot spells, which added more challenge to our monthly aerobic mile racewalk program. I was impressed by how our members pressed on under the heat to best their own records.

During the last board meeting, we approved new titles for several board positions so that they are more in line with the image and responsibilities we want to convey; you can see the new titles in the left column on this page. The board position descriptions can be found in our Web site. By the way, board meetings are held quarterly and are open to all members; please check the Web site for the next board meeting date.

Since I took the position of President in May this year, I have been surveying informally what members want to take away from the club's primary program at 9AM on Saturdays. What I heard over and over again was to get fit and to lose weight. Racewalking is definitely a great way to accomplish these goals and it is the CWC mission to offer racewalking for fitness and competitions. Many of you also asked for more and better coaching on racewalk techniques. I will be working with our Program Director,

Donna Green, to continuously improve the 9AM program to help everyone by providing them with the framework to reach their targets. Be ready to come for a good workout! Any suggestions for improvement will be more than welcome.

The Diane Graham-Henry club 5K judged racewalk went off well despite the late selection of the race date. Thanks to Doris McGuire and Rick Daitchman for their dedicated effort to finish the much-needed preparation in time. And thanks to all the people who volunteered on race day - Joan Grossman, Tom Marhevko, Ruth Buffalo, Tori Cooper, Manny Eckert, John Graham, Colleen Leahy, Pat Leshuk, Mary Alice Nesti, Pat Ramos, Bruce Raymond, Jay Samstag, Francis Stokes, Sue Thomas, Michael Tonkinsen, and Liz Wells. Last but not least, thanks to Diane Graham-Henry for overseeing the entire race activities.

Every activity at CWC is run by volunteers. We can always use more assistance to ensure the smooth running of our programs. Please seek out the director responsible for the area of your interest and help keep this club a great one.

I-Tsuay D'Arcangelis

Member Profile



Carol Ritter is among the newest members of the Chicago Walkers Club. Carol Ritter recently moved back to Chicago (her home town) after living and working in Colorado and Montana for twenty-five years. With a doctorate in music, she is an experienced and educated musician. Her experiences include teaching music in the public schools, teaching piano and organ

Please welcome our

new members:

Mary Kohout
Howard Lipke
Patricia Manson
Allison Martin
Barbara Pearce
Bob Ridgely
Carol Ritter
Ann Weilbaecher

privately, and holding positions as Organist/Choir Director in various churches.

Carol was searching for a walking club in Chicago, and found the Chicago Walkers Club on the internet. She has totally enjoyed the group and the exercise, and has invited friends to join her in this experience. All have been thoroughly pleased with the group and the social interactions.

Fitness Check - cont'd

(Continued from page 1)

causes the burning, heavy, exhausted sensation in your body that forces you to slow or stop. As you train harder, the threshold moves higher, meaning you'll be able to go faster longer before your body starts producing lactic acid. If you aren't limited by technique (inefficient walking technique might limit you during the test) at your top speed, you may find your legs starting to feel heavy, and that feeling is one

DID YOU FORGET?

If you have not yet renewed for this fiscal year, there will be a **Last Issue** label affixed on this newsletter. Please submit \$20 with your application to renew. If you have any questions, please contact Colleen Leahy at 773-348-0384 or colleen43@gmail.com.

unscientific indication that you are nearing your threshold.

The faster you covered one mile, the higher your walking fitness level is. Your one-mile time places you in one of three walking program classifications (see box insert on page 1).

Her book also suggests biking, swimming, hiking, cross-country skiing, Tai-Chi, etc. as some cross-training options. Please read her book for more details.

Racing Juice



USA Master—Orono, Maine

Congratulations to Doris and Rich McGuire, who took bronze medals in the 5K racewalks at the USA Masters Outdoor Track and Field Championships held on August 2-5, in Orono, Maine. The competitive season will end for many Chicago Walkers with the World Masters Athletic Championships, being held in early September in Riccione, Italy, or with one of the fall half-marathons — September 9 in Chicago or October 21 in Detroit. This year a record number of Chicago Walkers – seven - have registered for World Masters Athletic events. It's not too late to sign up for the **Detroit half marathon**. We have only two Chicago Walkers signed up so far and we'd like some company.

Off to the races in Italy...

Seven Chicago Walkers are off to Riccione, Italy, for the World Masters Games: Rebecca Gilman, Diane Graham-Henry, Donna Green, Colleen Leahy, Doris McGuire, Liz Michiels, and Jonathan Udesky. This is the largest number to attend from the club. All will be doing the 5k on September 5 and 6 (for the guy). DGH will be moving along with husband Tom to Budapest, Vienna, and Venice. The rest will be doing the 10K on September 9. And Donna is signed up for the 20k on September 13. Hopefully everyone will be taking lots of photos to share when they return. Full report post-Italy.

CWC Triathletes...

Kudos to our two women members who participated in the International distance of the Accenture Chicago Triathlon on August 26 on the Chicago lakefront. Tori Cooper, 25-29 age group, finished in 2:54:38. This includes transition times between her 1.5k swim in 39:08; her 40k bike in 1:11:07; and her 10k run (walk) of 58:31. She finished 260th in all women participants, 71 out of 340 in her age group, and 1573 of 3928 overall participants in the international distance of the triathlon.

Ruth Buffalo, 45-49 age group, finished in 3:12:45. This included her transition times between her 1.5k swim in 39:03; her 40k bike in 1:15:06; and her 10k run (walk) in 1:12:18. She finished 375th in all women participants; 30th of 80 in her age group; and 2605 of 3928 overall participants.

Congrats Tori and Ruth!

A Word to Our Club 5K Sponsors

THANK YOU!

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New Balance of Chicago
Uncle Dan's Camping and Travel
Universal Sole

Upcoming Races...

10/6/07, USATF 5k National Championship (Open/Master), Kingsport, TN. Contact: Bobby Baker, rlbaker@chartertn.net, 423/349-6406.

10/14/07, USATF Illinois One Hour Postal Race Walk, location TBA (near Chicago), Contact: Diane Graham-Henry, arcaswiss@aol.com, 773/327-4493.

10/28/07, USATF 30k Championship (Open), Hauppauge, NY (Long Island). Contact: Gary Westerfield, garyw@optonline.net, 631/979-9603.

And for something fun...

September 22 is the 7th Annual Harvest Stompede Vineyard Run and Walk in Leelanau Peninsula, Michigan. Now this is one which should draw those wine drinkers in the club. The event includes winery tours (which I'm sure include tastings), along with the unique 7-mile run, or 3-mile walk through three vineyards, and an orchard. For more information www.lpwinest.com/harvest.

Diane Graham-Henry

Socials

Ethnic Dinner

On Sunday June 10 the group gathered at the Marrakech Espresso Café for Moroccan food. Unfortunately I was not able to attend but many commented on the great food with some declining to agree. I guess the jury is out on this one as some dishes were better prepared than others.

On Sunday August 26 the group will taste authentic Texas barbeque at Smoque. It promises to be a place for excellent food but you need to overlook the atmosphere. Outcome will be reported in the next newsletter.

Annual Brunch

Diane Graham-Henry was our "hostess with the mostest" again this year for our annual brunch. The weather was very cooperative with pleasant temperatures and heavy doses of sun. Attendance



was a little low from last year as approximately 35 were there to sample the beautiful array of homemade dishes. Again lively conversation and great camaraderie abounded.

Kathy Kearney

