

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 waiver must be signed each year.

*If you have not yet renewed for this year, there is a red Last Issue label on this newsletter. An application is included for your convenience.*

If you have any questions, please contact our membership director.

**Chicago Walkers Club**  
**P.O.Box 101220**  
**Chicago, IL 60610**

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**Calendar**

- **6/20-22** – Dave McGovern Clinic, Frankfort
- **6/22** – She's Got Sole 8K
- **6/29** – Dining Experience
- **7/13** – LW Waterfall Glen
- **7/19** – MP Gershwin
- **7/20** – Fleet Feet Women's 5K & 10K
- **7/26** – Theater on the Lake
- **8/2** – Annual Brunch
- **8/3** – LW HISTORIC RIVERSIDE
- **8/10** – Chicago Classic Half Marathon
- **8/16** – MP Opera Chorus
- **9/1** – LW Park Forest
- **9/7** – LW UPPER FOX RIVER
- **10/19** – DETROIT FREE PRESS FULL & HALF MARATHON

**The Fabulous 22 - May 1, 2008 Race for a Safe State**

*By Patricia Manson*

“Walkers at the back” was the instruction given at the Race for a Safe State – violence against women and girls – but members of the Chicago Walkers Club were front and center at the May 1 event.

Twenty-two Walkers, all of them female, participated in the 5K “Run, Walk and Roll” fundraiser for the Chicago Foundation for Women.

With most wearing a cap, visor, T-shirt, tank top, jacket or fanny pack bearing the Chicago Walkers name and logo, the 22 Walkers made an impressive show of force. The Walkers moved at different speeds around the course in Grant Park, but all finished the race.

Allison Martin and I took a more relaxed

approach to preparing for the race. We continued our practice of exercising with our fellow Walkers in Lincoln Park Saturday mornings as well as

walking to various destinations in downtown Chicago from a starting point in the South Loop on Tuesday nights.

At our rendezvous point, Buckingham Fountain in Grant Park, some Walkers warmed up by racewalking around the fountain, while others fortified themselves with ice cream or food or beverages from a nearby snack bar. After some stretches and the obligatory photo shoots (see photos at [http://www.chicagowalkers.org/photos\\_racing.htm](http://www.chicagowalkers.org/photos_racing.htm)), the Walkers headed to the race's starting point at South Columbus Drive and East Balbo Drive. Walkers and runners -- as well as a few young “rollers” who made the race in strollers pushed by their parents or older siblings -- began the 5K at 6:30



**Congratulations to Donna Green for getting the USATF level one coach certificate!!! Along with Diane Graham-Henry and Joan Grossman, the club now has a total of three USATF-certified level one coaches.**

p.m. Racers went north on Columbus Drive, curved west just short of Roosevelt Road to Lake Shore Drive and then went south on Lake Shore

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**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. (The “Field House” is the small brick building with bathrooms by the baseball field near the south end of Cannon Drive.)
- This year's first aerobic mile will be on June 7 (we missed our May event). These will continue the first Saturday of the month through September. They're a fun way to track your progress and will help you know which pace group is best for you.

**Indianapolis Mini Marathon**

A small but dedicated group of six Chi-

cago Walkers completed the May 3 half marathon in Indianapolis. Liz Michiels finished in 3 hours and 9 seconds beating last year's time by more than 8 minutes! Mark Sekelsky was the fastest Chicago Walker finishing in 2 hours 4 minutes; Rich McGuire was next in 2 hours 17 minutes. Doris McGuire finished in 2 hours 33 min, three minutes faster than last year and Donna Green finished in 2 hrs 26 minutes, two minutes faster than last year. Rick Daitchman did the race with his sister at a steady 2 hours 40 minutes, the same as last year.

**New 9:00 Saturday format**

Our new pace group format is working fairly well. We typically form three pace groups of varying speeds. Each group leader is in charge

*(Continued on page 3)*

## Officers (2007-2009)

### PRESIDENT

I-Tsuay D'Arcangelis

### COMMUNICATIONS DIRECTOR

Open

### MEMBERSHIP DIRECTOR

Colleen Leahy

### PROGRAM DIRECTOR

Donna Green

### PUBLIC RELATIONS DIRECTOR

Bill Barnett

### RACING DIRECTOR

Diane Graham-Henry

### SOCIAL DIRECTOR

Kathy Kearney

### TREASURER

Irmela Levin

## Financial

Fiscal Year: April 1 - March 31

Cash as of 4QFY08 (March 31, 2008) was \$1,260.00.

## Coaches

Diane Graham-Henry  
Donna Green  
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 147 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](http://www.chicagowalkers.org)  
Produced by club member Mark Sekelsky, our wondrous Webmaster!

Chicago Walkers Club  
P.O. Box 101220  
Chicago, IL 60610  
[President@ChicagoWalkers.org](mailto:President@ChicagoWalkers.org)

## President's Desk

Most of us are wondering if warmer weather will ever come. The mild temperature is great to start interval training offered weekly at 8AM on Saturdays and at 6:30PM on Thursdays - see Training Program on page 1.

Interval training in general consists of repetitions of intensity workout followed by periods of rest. For racers, this is known to improve speed and for fitness walkers, this is known for its effectiveness in cardiovascular buildup.

You have probably heard of the terms "aerobic threshold" and "anaerobic threshold" whenever training is discussed. As described in "The Aerobic Side of Fitness" in the Harvard Healthbeat, a newsletter from Harvard medical school, it states, "The strict definition of an aerobic exercise is muscular movement that uses oxygen to burn both carbohydrates and fats to produce the energy needed to contract muscle cells. During anaerobic exercise muscle cells burn only carbohydrates to produce energy without using oxygen.

## Year-End Financial Report

We finished the last fiscal year ending March 31, 2008 with a cash balance of \$1,260.00. The annual membership dues remain our main source of income. Our major expenses historically have been the production of the newsletter and subsidizing the various social functions as well as the club race (depending on the number of participating racers). In addition, there are other fixed expenses such as the annual USATF dues and the hosting of our Web site.

In the last couple of years we barely were able to break even. Since expenses keep going up, the board of directors will consider an increase in dues for the coming fiscal year, beginning on April 1, 2009.

Irmela Levin

## Member Profile

by Patricia Ramos



Sue joined the Walkers in the spring of 2006 and shortly thereafter her mother was diagnosed with terminal cancer. Throughout that very trying time is Sue's life, every time she was able to come to a Thursday or Saturday session, Becky or Donna or Rich or Diane, asked and seemed to genuinely care about her personal situation. Of course, they never stopped trying to give her lessons on the proper way to walk either.

Sue grew up in Spencer, Wisconsin and in high school, did track and field. She also was a very supportive mother of two sons who were in most sports at Lane Tech High School and Carthage College. But it had been many years since

Constant surprise by the kindness of others in the group is how **Sue Thomas** recalls her first months with the Chicago Walkers.

Sue joined the Walkers in the spring of 2006 and shortly

### Please welcome our new members:

Kaimin Cai  
Jenny Guo  
Lena Hatchett  
Marie Krieger  
Julia Mikulich  
Sue Ryan  
Bob Ryan  
Dorcas Tsakiridis  
Nate Walton  
Diane Wilson  
Susan Youngs

she became involved in organized physical activity herself. Race walking provided a great opportunity to exercise and ease into a more healthy life style while enjoying the Chicago waterfront.

For several years before joining the Walkers, Sue came to Theatre on the Lake every Sunday and knew there were good things happening at Lincoln Park.

Sue is a meeting planner who can be under almost insurmountable pressure for weeks before a big meeting, but a Saturday morning walk clears her mind and stretches her tense muscles. Sue has volunteered for the Club Walk for two years; first, calling times to runners and second passing out

water. She doesn't have one "favorite" Chicago Walker's memory - as each week has its own rewards and memories. Sue looks forward to retiring in Wisconsin, but not before many more walks along the Chicago waterfront.

For everyday purposes, aerobic exercise means repetitive muscular activity that causes the heart rate to accelerate and remain higher than usual over an extended period of time.

In general, you lose weight with prolonged aerobic exercise, while you build muscle strength with anaerobic exercise. "

To assess where you are in the aerobic/anaerobic range, heart rate is the easiest to track exercise intensity. You can measure your heart rate by feeling your pulse frequently or wear a heart-rate monitor. Another commonly used indicator is the "talk test." You may be breathing fast and hard, but if you can still carry on a conversation, you are still aerobic. Failing the "talk test" let you know that you may be going anaerobic.

To learn more about this, please refer to the Heart Health article on our Web site, [http://www.chicagowalkers.org/files/Heart\\_Health.pdf](http://www.chicagowalkers.org/files/Heart_Health.pdf).

Happy training!

I-Tsuay D'Arcangelis

## Racing Juice



### Race That's Good For Life

Kudos to our CWC members who were out in the cold windy day of April 13 for the Oak Park Running Club's Race That's Good For Life 5k Race Walk.

Awards went to the top three. Klaus Thiedmann, 53, came in first with 27:42; Rich McGuire, 60, was second with 30:34. Donna Green, 55, was first female with a finish of 30:27; and Doris McGuire, 59, finished second in 32:45.

Sadly, the news post-race is this event has been canceled.

### Fun Events to Look Toward

One way to see how you are training is to go out and participate in various events (although they may be running events). Many of us have done the following events and found them fun. (See story on the "women at the races" and you'll see the potential.)

- She's Got Sole 8K for Women Only, June 22, 2008, [Universalsole.com](http://Universalsole.com)
- Fleet Feet Sports Women's 5k and 10k. Benefits Catch Your Breath, a women and lung health initiative. July 20, 2008. [Fleetfeetsports.com](http://Fleetfeetsports.com). We had a sizable group of women from the club participate in this one last year.
- Chicago Distance Classic Half Marathon, August 10, 2008. [Chicagodistance-classic.com](http://Chicagodistance-classic.com). This used to be a 20k. Several members have done this one. It can be a hot, hot race.
- Park Forest Scenic 5 (miles). September 1, 2008. This used to be a Scenic 10-miler. There is also a 5k fun run, and they are planning to add a bike ride. This event has a long history and has been a highly popular event. Many CWC members have participated in this one. [www.villageofparkforest.com](http://www.villageofparkforest.com).
- The Detroit Free Press Marathon and Half-Marathon, October 19, 2008. They also have a 5-person marathon team relay, which is a lot of fun (we've had many teams do the Milwaukee Marathon Relay). The required finish for a team is 6 hours and 30 minutes...very do-able. [Detroit-marathon.com](http://Detroit-marathon.com)

All these events can get you ready for the Chicago Walkers Diane Graham-Henry 5k on September 20.

Start marking your calendar!

Diane Graham-Henry

## Training Program—cont'd

(Continued from page 1)

of keeping the designated pace and getting the group back by 10:00; pace group members are responsible for staying with the group leader. All the groups walk the same route which may be around north pond, north to Belmont, or along the lake. Everyone (except for group leaders and coaches) gets to decide which group to go with, and it won't need to be the same group every week. As before, coaches are available to work with anyone wanting instruction.

### Training

Twenty-two Chicago Walkers walked the "race for a safe state" as a team on May 1. For some it was their first competition as walkers. This small 5K race in Grant Park on a pleasant Thursday evening was a nice introduction to racing and a good reason to begin walking more. It was so much fun; we plan on doing another charity race soon. If anyone can suggest a good event, email I-Tsuay or me.

It's not hard to prepare for a 5k race; you just walk a little more and a little faster. If you walk just one day per week, add another day. You can start with 30 minutes on that day and add another 5 minutes each week. Pay attention to your pace and think about going just a little faster each week. You might even consider joining the 8:00 interval training group on Saturdays. If you keep it up, you will be ready for our club race on September 20. Then, to have a fast race, you can "taper off" the week before by cutting back on your training mileage but keeping you pace up.

### Instruction

Our April 12 mini clinic at the Lincoln Park Cultural Center was a success despite the cold rain that kept us inside. We had better weather for our May 10 videotaping. We are planning another clinic for this summer, time and format to be determined. Watch your email or check our Web site in a few weeks for details.

Donna Green

**Wanted** — want to do something interesting? The board needs a Communications Director. Please contact any board member if interested.

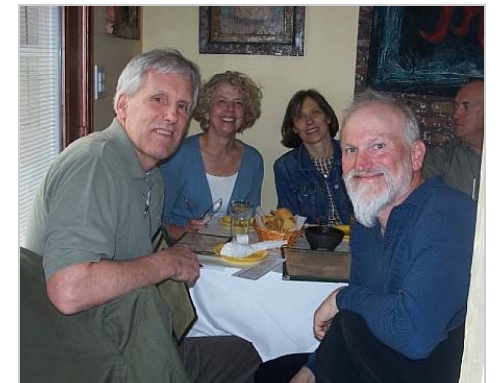
## Socials

### Pizza Party

On March 30 we gathered at Father & Son's for our annual pizza party. This is no longer a club-subsidized event; we dined in the main dining room and everyone paid for what they ordered. A good time was had by all and the pizza was outstanding as usual.

### Dining Experience

We met at El Nuevo Mexicanos on Sunday, May 18 for a wonderful Mexican dinner! Fifteen of us shared lively conversation, great laughter and the freshest entrees. The rave reviews by several members were well warranted as everyone thoroughly enjoyed their selections at a very reasonable price. This is a must return restaurant!



### General

I have tentatively set the following dates for upcoming events. Dinner is planned for June 29, the annual brunch will take place on August 2, Octoberfest will be October 19, and our annual holiday party will be December 13 this year.

In addition, we will be returning to the Theatre on the Lake this summer to see "The Attempters" on July 26 and I have scheduled two concerts at Millennium Park on July 19 for Gershwin and on August 16 for the Great Opera Choruses.. Please refer to the insert and our Web site for details. I hope to see many of you at these events to come.

## Long Distance Walk

The 2008 long distance walking schedule can be found on our Web site. We have incorporated some new walks this year and each walk is approximately 6 to 11 miles in length. It is suggested that you call the leader a day ahead to insure the walk will not be canceled because of poor weather.