



Newsletter

JUNE 2009

RACEWALK FOR FITNESS AND FUN



Chicago's Source for the Best in Running.
3052 N. Lincoln Ave., Chicago, IL 60657
(773) 868-0893



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M-F 9am - 9pm
Sat 9am - 7pm
Sun CLOSED

Chicago, IL



We exist because you run, walk and stay fit

1620 N. Wells Street
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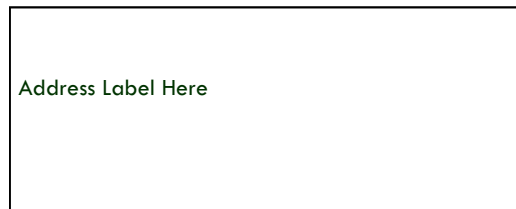


513 Dempster • Evanston, IL 60201
(847) 869 4101

Mon-Wed: 11 - 6, Thurs: 10 - 8
Fri & Sat: 10 - 6, Sun: 12:30 - 4:30

Chicago Walkers Club
4170 N Marine Dr #7A
Chicago, IL 60613

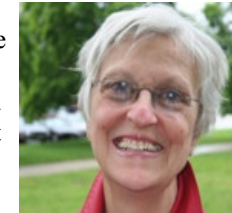
ADDRESS CORRECTION
REQUESTED



Board of Directors—2009-2011

President — Kathy Marr Stern

I joined Chicago Walkers in 1989 when the group consisted of about 25 dedicated racewalkers. I did some racing the first couple of years, with a never-achieved goal of besting Diane Graham-



Henry, but ultimately my goal became fitness rather than competition. The sport has kept me focused on that goal while providing ongoing opportunities to enjoy the great outdoors in all kinds of weather and also to meet lots of interesting and nice people.

The "Nookies" tradition dates back to that era, except that Mitchells at North & La-Salle was our restaurant of choice. The seeds of many good friendships were sown back then. I take credit for introducing Joan Cusentino and Al Fisher who are now happily married. Just ask either of them!

I worked 27 years for the U.S. Dept. of Labor as a Vocational Rehabilitation Specialist in their Workers' Comp Division, and I raised two wonderful sons. I have since retired and am now working from home for my brother's stainless steel banding/bracket company.

Training Program

Schedule

- 8:00a.m. Saturday threshold interval training continues weather-permitting.
- 9:00a.m. Saturday endurance and racewalk form.
- 6:00p.m. Thursday short tempo training for speed work

Summer Training

Now that we've completed the spring endurance training and several Chicago Walkers successfully completed the Soldier Field 10 mile race, we will refocus our efforts on race walking form and speed. Kudos to Marie Krieger and Julie Hicks for their first longer distance race.

You may have noticed that we are now using the warm up exercises and speed endurance training ideas learned from Jeff Savage and Tim Seaman at their Chicago Clinic instead of

I see my role of president as one of listener and coordinator. I hope to be attentive to the concerns of the club members and to support our very capable Board of Directors, as we work together to advance the goals and mission of the club: "to promote and to offer fitness and competitive racewalking for all ages and fitness levels". Let's all join in and have fun staying fit!

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 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.



Communications — Rebecca Gilman

Thanks to Pat Leshuk's insistence, I joined CWC in 1999 to improve my cross-country skiing. Little did I know at the time I would enjoy racewalking so much. Now I compete as



the warm-up walk to the fountain and back. Look also for the return of the monthly AERO-BIC MILE. This is a chance for you to see how much you are improving your speed and your pace.

Thursday Night Training

Get ready for the races by joining the Thursday Night Training, which begins at 6 p.m. by the field house at the ball fields, near the bridge over the Outer Drive.

Diane Graham-Henry leads the workouts, with the assistance of Rick Daitchman. It's important to be warmed up and ready to go by 6 p.m. The training generally goes for one hour or more, with cool down and stretching.

If you have any question, feel free to contact Diane at arcaswiss@aol.com or 773/327-4493.

Doris McGuire

Officers (2009-2011)

PRESIDENT

Kathy Marr Stern

COMMUNICATIONS DIRECTOR

Rebecca Gilman

MEMBERSHIP DIRECTOR

Colleen Leahy

PROGRAM DIRECTOR

Doris McGuire

PUBLIC RELATIONS DIRECTOR

Rick Daitchman

RACING DIRECTOR

Diane Graham-Henry

SOCIAL DIRECTOR

Kathy Kearney

TREASURER

Irmela Levin

Financial

Fiscal Year: April 1 - March 31

Cash as of 4QFY09 (March 31, 2009) was \$2,318.74 .

Coaches

Rebecca Gilman
Diane Graham-Henry
Donna Green

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 produced by club member Mark Sekelsky, our wondrous Webmaster!

Chicago Walkers Club
4170 N. Marine Drive, #7A
Chicago, IL 60613
President@ChicagoWalkers.org

President's Desk... incoming

Hello all you racewalkers! After a hard-fought battle (against no one) I'm assuming the office of President of the Chicago Walkers Club. I-Tsuay D'Arcangelis will certainly be a hard act to follow, and I plan to call on her often for her sage advice and to tap into her expertise with computers as well, seeking ways to make the best use of our Web site, which she revamped. I see it as a great asset in helping us communicate with each other when we're not out there on the path. I hope you'll all feel free to come to me or any of the board members with questions, concerns and suggestions. We need your involvement — it's your club, so help us to make it worthwhile and fun for all of us.

This year's volunteer board is really excellent! You know the four who have served before and have agreed to continue in their positions: Irmela Levin, Treasurer; Kathy Kearney, Social Director; Diane Graham-Henry, Racing and coach, and Colleen Leahy, who everyone meets as soon as they join because she handles Membership duties.

For new directors, Rick Daitchman will serve as Public Relations; he's already working on ways to attract new members to the club. You can help him and the club by talking up CWC in your social circles and welcoming new people who walk with us on any given Saturday. Doris McGuire, as Program, has actually been in the position since Donna Green moved to Washington. She has come in with new ideas, great organizational skills and enthusiasm for teaching technique and fitness. Finally, I'm so happy that Rebecca Gilman has assumed Communications. I-Tsuay was doing that job as well as the President's job for the past two years and I don't know how she managed all of it. You'll see and hear from all the board members via the newsletter and our Web site, so STAY TUNED!

Kathy Stern

Board of Directors ... -cont'd

much as possible, in judged racewalks - local, national and international - and in running events - from 5k to marathon. I became a Level I Coach 2 years ago and enjoy helping others with racewalking techniques. I was pleased to serve as president of CWC for four years and am now happy to be back on the board after a few years' rest.

Program — Doris McGuire

I am a recently retired elementary school teacher. I believe I became a member of the Chicago Walkers about 12 years ago, and started racing in both judged racewalks and running



President's Desk... outgoing

Have you heard? Read on Have you paid attention to the e-mail you received about the new board? Yes, we have a new board! It was effective as of June 1. Since no position was contested, according to the by-laws, we didn't hold an election this time. Please see the front-page article to learn more about your new and continuing board members.

It has been an interesting two years serving as your President. Throughout the two years, I was reminded again and again how much effort was needed behind the scenes to successfully manage our various activities, whether it was a weekly program or our annual race or a social event, it took a lot of work for things to go smoothly. I was thankful that I had a great board to work with, what a wonderful group of volunteers! Many thanks to all the club members who volunteered their time to work on the programs and events the club had. We couldn't have done any without your assistance. Many thanks to the many of you who gave me a pat on the back for a job well done; the credit really goes to everyone on the board.

I am most pleased to see that we had the biggest race participation and many first-timers at the 2008 Race for a Safe State racing event. We continued to have a great turnout at both the 2009 Race for a Safe State and the Soldier Field 10 this year. I hope this is a good trend for the club and I will see many of you on the racing path!

Until then, happy walking!

I-Tsuay D'Arcangelis

events soon after. As program director, I hope to make sure the racewalkers have the opportunity to improve their form, endurance, and speed, and that fitness walkers get a good workout every Saturday.

Racing — Diane Graham-Henry

I've been a Chicago Walkers member for more than 20 years, including years as Membership chair, producing the club newsletter, and a short stint as Treasurer. I started the club race with Al Fisher, who was very instrumental in its success. The race has had many course changes; I think the current one is the best... flat and fast. I've been instructing



Racing Juice



UPCOMING Judged Race Walks

6/20 Open/Masters Track 5000m.

Waukesha, WI, www.wiusatf.org (no race day entry)

6/26 Open/Masters Track 5000m Indiana Assoc., Indianapolis, www.irwc.org.

7/10 USATF Masters National Outdoor Championships 5000m, Oshkosh, WI, www.usatf.org.

7/12 USATF Masters National Outdoor Championships 10k, Oshkosh, WI, www.usatf.org

7/26 USATF North Region 3000m Race Walk Championship, Indianapolis, IN www.irwc.org.

8/16 USATF 15k Race Walk Championship, Minneapolis, MN

www.usatfminn.org.

6/28 10th Annual Ricky Byrdsong Memorial Race Against Hate 5k/10k, Evanston, IL (non-judged event recommended by Rick Daitchman)

9/26 Mark your calendar... CWC's Diane Graham-Henry Annual 5k

Diane Graham-Henry

Board of Directors... -cont'd

racewalking for about 20 years, including 10 years at Francis Parker School evening class program, and coaching for 12, receiving USATF coach certification 9 years ago. I also ran several corporate walking programs over the years. In my "spare" time, I work as a freelance photographer/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 — Rick Daitchman

I've been a member of CWC since the Spring of 2000 but did not get seriously interested in technique and training until early 2002 under the guidance of Coach Diane to train for the Indy Half Marathon. Since then, I have participated in over 80 races and have served on CWC race committee for the past 4 years. Professionally, I've been in Packaging Sales since 1977 and have developed people/communications skills needed to be the Club's Public Relations Director. I have served on my Condo Assn Board of Directors as well as the Board of the North Dearborn Assn, and I am a volunteer on the Red Cross Disaster Action Team responding to local fires and other emergencies.



Socials

Club Dining Experiences

Dim Sum at Phoenix

On March 21 we headed to the Phoenix restaurant in Chinatown for dim sum. We tasted many delicious items from a huge assortment of food. Everyone enjoyed being together as we celebrated the Chinese New Year a bit late this year.

Epicurean

April 19 we feasted on a Hungarian buffet in Hillside. We had our own private room which allowed us more privacy, giving way to many laughs and spirited conversation. A great time was had by all.

Upcoming Events

Ras Dashen

We will be dining at Ras Dashen on north Broadway on June 14. This is an exciting Ethiopian dining adventure and we hope many will attend.

Summer

I am gathering information for an outing at Second City this summer and am planning a concert in Millennium Park.

Membership — Colleen Leahy

While training in 2001 for the Avon 60-mile Breast Cancer Walk, I met Irmela Levin, who was also training for the Walk. We decided to be tent mates. It was the beginning of a nice friendship and my introduction to Chicago Walkers. After we finished the race in June, I joined the club and became the membership chair several months later. Having taught for 35 years in the Chicago Public schools, I felt confident that I could keep track of 140 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 pro-



Long Distance Walk

Our next walk will be at the Dunes in Indiana. This is a must sign-up walk so be sure to contact the leader if you are attending. Consult the Web site for future hikes.

Kathy Kearney

Membership

Our current membership is 147. **If you have not renewed for this year**, there will be a red **Last Issue** label on this newsletter. If you feel this is an error, please let me know. Applications can be found on our Web site: www.chicagowalkers.org. If you do not have access to the internet, please let me know and I'll send or bring you an application.

Colleen Leahy

Please welcome our new members:

Kathy Mikel, Birgitta Kuehn, Kay Morris, Grace Galva, Victoria Rowels, Melissa Allen, Jean Grieb, Sharon Murphy, Stephanie Price.

moting friendship and experiencing culinary delights among our walkers. I am semi-retired, working 3 days a week, which provides additional time to devote to the club.

Webmaster — Mark Sekelsky

I've been racewalking for about 20 years, joining CWC in late 1998. Besides racewalking, I enjoy tinkering with computers, hence the webmaster job. My wife Barb and I have an 18 year old son and a 15 year old daughter, so between kids' activities, our own activities and the drive from Batavia, I don't get to Lincoln Park too often!



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.

