



# Newsletter

NOVEMBER 2009

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

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## Chicago Walkers Sweep the Detroit Free Press Half Marathon!

Four Chicago Walkers were among the top 25 race walk finishers in the Detroit Marathon-Half Marathon, and all four took **FIRST PLACE** in their age/sex divisions. There were 13,825 finishers in the race on Sunday, October 18. Of them, 309 were registered race walkers. CWC racer results were as follows:  
Rich McGuire – 3<sup>rd</sup> place overall, chip time 2:13:49  
Donna Green – 8<sup>th</sup> place, time 2:24:59  
Doris McGuire – 23<sup>rd</sup> place, time 2:35:39  
Rebecca Gilman – 25<sup>th</sup> place, time 2:39:29

The race began in chilly (34° F) Detroit under a dark sky and lit street lights. By the time the racers crossed the Ambassador Bridge into Canada it was bright daylight. The route then took them along the Detroit River, through part of downtown Windsor, and back to the U.S. through a tunnel under the river. (Racers had to show passports in order to pick up their race numbers, and bib numbers had to be displayed at border crossings.) Then they headed through a few neighborhoods and back downtown for the finish.

The evening before the race, after an easy drive from Chicago to Detroit, the racers enjoyed a great pasta and fish dinner at Donna's parents' home. They sang a very off-key "Happy Birthday" to Rebecca, and retired for the evening. They woke to freezing temperatures and lots of conversation about how best to dress for the cold start and not be too warm for the last half of the race. Apparently, they all managed the weather fine. As for the off key singing, they need a lot of help, and hope more Chicago Walkers will join them in the singing and race next year. It was a really good race!



**Doris McGuire**

**Please welcome our new member:**

**Pamela Srateman**

### Calendar

- 11/1 - Starved Rock Long Walk
- 11/8 - Social Dinner at Fattoush
- 11/26 - Turkey Trot 8k in Lincoln Park
- 12/5 - Annual Holiday Party
- 12/6 - Botanic Gardens Long Walk
- 12/13 - Rudolph Ramble 8k
- 1/1 - New Year's Day 5k in Lincoln Park
- 1/1 - New Year's Day Long Walk in Chicago's Loop
- 3/1-6 - World Masters Indoor Championships, Kamloops, BC Canada

### Training Program

#### Winter Walking

Walking outdoors in the winter in Chicago can be exhilarating. In addition to the physical benefits, it can do a lot to help avoid or recover from cabin fever. Here are a few suggestions for your winter workouts:

- Wear layers of light-weight clothing, including gloves and socks. Your local sport shop will be happy to help you learn about the latest fabrics for staying dry during your walk. Remove layers as you warm up and put them back on as needed.
- Hydrate as you walk. Many of the water fountains have been turned off, so it's a good idea to carry water in the winter. It's important to drink water even though you may not feel as thirsty as you do in the summer.
- Walk on clear, dry surfaces wherever possible. It's just too easy to slip on slush, snow, and ice.

- Visit a friend who winters in the south. Winter is also a good time to put more emphasis on cross training, and let the muscles that work the hardest in walking have a chance to recover. Many work-out centers start new classes just after the holidays. Mix up your routine. Do some aerobic workouts, some strength training, and stretch, flexibility, balance (e.g. yoga) workouts.

Look for other ways to enjoy the winter weather. Dust off the cross-country skis or try snowshoeing. Remember ice skating? Do any of these with a friend and make your workout that much more enjoyable.

#### Winter Schedule

- 8:00a.m. Saturday threshold interval training continues weather-permitting.
- 9:00a.m. Saturday endurance and racewalk form.

**Doris McGuire, Program**

## 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 2QFY10 (September 30, 2009) was \$3,371.87 .

## Coaches

Rebecca Gilman  
Diane Graham-Henry  
Donna Green

## Membership

Annual membership follows fiscal year calendar, with a fee of \$15 for individuals and \$25 for family. 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 140 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  
4170 N. Marine Drive, #7A  
Chicago, IL 60613

[President@ChicagoWalkers.org](mailto:President@ChicagoWalkers.org)

## President's Desk

Congratulations once again to Diane Graham-Henry for directing the Club's very successful 24th annual race on a chilly and damp September 26<sup>th</sup> morning. Kudos to those who participated...see Diane's column for their results. Many thanks to those who volunteered their time to make it go smoothly. It was great to be out there with everyone's competitive juices flowing.

Please make a mental note of the sponsors who donated food, beverages and prizes at no cost to the club. They're listed in the Marketing column in today's newsletter. We hope you'll make a point of visiting these merchants and spend your money with them. Tell them "thank-you" from the Chicago Walkers for their generous support and let them know you're supporting them in return.

BIG CONGRATULATIONS to Rick Daitchman (our expert Marketing guy), CWC member Jim Pederson, and Rick's sister Tyra (who also volunteered at the Chicago Walkers' Race...Thank-you Tyra!) for completing the 2009 Chicago Marathon. Their priority was to stay together as a team and they finished with a time of 5:52:30, or an average 13:38 minutes per mile!!!! You guys are amazing! We're so proud that you represented the Chicago Walkers in that grueling competition.

This newsletter is published earlier than

## Profiles

### Not every Walker is a racer!

In fact, one of the most dedicated Chicago Walkers, John Graham, considers himself a social walker. John joined the Walkers about 15 years ago and in just a few short years was recognized as "Mr. Coffee" for walking with a cup of coffee in his hand every Saturday morning.

John came to Chicago from Detroit many years ago to work in the metal industry and at first did not like Chicago, but has come to realize there is no better city

and nothing beats walking in the Lincoln Park area on a sunny Saturday morning when temperatures are hovering around 80°. A friend of John's from Lake Shore Ski and Sports Club introduced John to the Chicago Walkers, where he became reacquainted with Mary Alice Nesti, also a member of the ski club and the Walkers group, and the woman with whom he has been an item for many years. When John could no longer ski due to bad knees, he kept walking, albeit at a slower pace.



usual in order to remind folks to sign up for the annual Holiday Party scheduled for December 5th. Susan Gauen has again arranged for us to use the beautiful Penthouse Party Room at 2800 No. Lake Shore, giving us a venue with the best view in the city, to kick off this festive season. Several of our members will be leaving town for the winter and this is a good chance to raise a glass with those lucky "Snowbirds" one last time in 2009!

Remember...please feel free to bring your spouse, best friend, significant other, or your new puppy (not really...no pets allowed in the building), but WE NEED to have their names ahead of time AND a contribution of either cash or food so there's enough for all to enjoy. The name is important for this party because the doorman will have a list of those attending. If you're not on the list, he won't let you in. You don't want to have to send your best pal (or, God forbid, your husband) down the street to Durkin's Pub while you're upstairs trying to have fun, do you?

I wish all of you a very happy holiday season and all the warmth of family and good friends throughout the cold winter months. Keep coming out on Saturday mornings...rain or shine, sleet or snow. We need to be there for each other.

**Kathy Marr Stern, President**

Throughout his years with the Walkers, John has attended many of the group's social activities and to this date, meets a group of Walkers at *Marcello's* for lunch almost every Friday. One of his most favorite memories is going on the Oak Park Architecture Tour when a member of the Walkers, who was a docent for Oak Park, took a fellow group of CWC walkers on a walking tour of Oak Park's famous architecture. And although John enjoyed the sights at a Long Walk at Starved Rock, his knees didn't.

Not of all of John's memories of Saturday mornings are about walking. Over ten years ago, several members of the group were getting their car trunks broken into while they were out walking. When the police were notified, they asked certain members of the group to participate in a sting operation and sure enough, the thieves were nabbed.

So why does John walk with coffee in his hand every Saturday? Originally, he started the habit because the coffee shop was close to where he parked, but now he does it to keep himself going strong throughout the walks.

**Pat Ramos, Club Reporter**

## Racing Juice

### 24<sup>th</sup> Annual Diane Graham-Henry 5k Club Race

On Sept 26 we had a great day for the race, not too hot, not too cold. The success of the event is always dependent on club volunteers, and they all came out and truly made it run smoothly.

Although the complete list is on the Club's Web Site, everyone loves to see their name in print. So, I've listed everyone in the order of finish, with name, age, and finish time.

1. Pablo Gomez, age 38, time 26:47
2. Klaus Thiedmann, 55, 26:50
3. Damon Clements, 52, 27:19
4. Mark Sekelsky, 52, 28:41
5. Rich McGuire, 61, 28:46
6. Jose Andablo, 42, 30:29
7. Larry O'Brien, 54, 31:00
8. Mercedes Mancha, 19, 32:02
9. Lenny Salinas, 15, 32:06
10. Ron Winkler, 59, 32:38
11. William Hoskins, 72, 32:42
12. Doris McGuire, 60, 32:49
13. Al DuBois, 77, 32:57
14. Kitty Monaghan, 52, 34:14
15. Emilio Mancha, 13, 35:39
16. Jocelyn Salinas, 13, 36:33
17. Michele Smith, 54, 37:24
18. Alice Winkler, 59, 41:34
19. Kathy Sauer, 62, 42:12.

Club member awards go to: Kitty Monaghan for best first time racer; Kathy Sauer for most improved female from 2008 with 56 seconds; and Rich McGuire most improved male with 20 seconds. Congrats!

Officials: Diane Graham-Henry (chief), Tom Marhevko, Irma Salinas, Jonathan Udesky, and David Harriman (recorder). Volunteers: Colleen Leahy, Kathy Marr Stern, Cynthia Kalk, Gordon Sauer, Laura Sklansky, Tom Karabatsas, Sandi Gerrity, Mary Alice Nesti, John Graham, Eileen Costello, Allison Martin, Mary Newton, Jay Samstag, Ruth Buffalo, Larry Kucharik, and Jane Reich. Thanks all!

### Upcoming Events

There's always a race to take part in whether it's a judged race walk or fun run/walk. The holiday season offers some good choices.

**11/26** Turkey Trot 8k in Lincoln Park, sponsored by Fleet Feet Sports, [www.fleetfeetchicago.com](http://www.fleetfeetchicago.com). To find a Turkey Trot in your area check Chicago Amateur Athlete, [www.chicagoaa.com](http://www.chicagoaa.com).

**12/13** Rudolph Ramble 8k Walk/Run, Lincoln Park, [www.fleetfeetchicago.com](http://www.fleetfeetchicago.com)

**1/01** New Year's Day 5k in Lincoln Park, [www.chicagoevents.com](http://www.chicagoevents.com)

**1/04** Deadline to enter World Masters Indoor Championships without a \$25 per event late fee. Event held March 1-6, 2010 in Kamloops, British Columbia, Canada. For event information: [www.usatf.org/events/2010/WorldMastersAthleticsChampionshipsindoor](http://www.usatf.org/events/2010/WorldMastersAthleticsChampionshipsindoor)

**Diane Graham-Henry, Racing**

## Good Work!!

I saw in the CWC newsletter that members are encouraged to share their stories, and I thought I might share mine.

I became involved with the Chicago Walkers in 2006, several months after shattering all the bones in my lower leg when I fell from a horse. At that time, I was told I would never run again. For a marathon runner and Ironman level triathlete, this was most devastating news. However, I had heard about the sport of race walking, and found the Chicago Walkers.

Rebecca, Diane, Donna, Doris, and - dearly departed but still close to our hearts - Joan, and all the CWC group greeted me with open arms, taught me how to race walk, and got me 'back on the road', something I had feared would never happen again. Since then, my leg has healed well, and I have amazed the doctors by taking up running again, but I have never forgotten my friends at the Chicago Walkers, who gave me hope when I had none.

**Ruth Buffalo**

## Mr. Marketing.....

With the Fall/Winter season approaching, I would again like to Thank the sponsors of our Annual Diane Graham-Henry 5K held on Sept 26th. Members are encouraged to support all of them: Fleet Feet Sports, Murphy's Fit in Evanston, Universal Sole, New Balance-Chicago, Lincoln Park Market, Goose Island Beer Co., Great Harvest Bread in Evanston, and our newest sponsor Franklin Park Chiropractic Center. Without the generosity of these businesses, our race would not be the event that it has become.

The coming of cooler weather, or as I call it the "alternative walking season", is a good time for all members to think about promoting our Club as much as possible to friends, family and co-workers so



## Socials

### Club Dining Experiences

We celebrated **Oktoberfest** on Sept 19 at Rich and Doris McGuire's home in LaGrange Park this year. The weather cooperated, which enabled us to gather in their beautiful back yard. After dining on great German appetizers, Rich grilled brats and we dined on German potato salad, sauerkraut and all the fixings followed by wonderful German pastries. It was a huge success. Many thanks to the McGuires for being such great hosts!

Our next dinner outing will be Sunday, Nov 8 at Fattoush, a Lebanese restaurant located at 2652 N. Halsted. E-mails have been sent to members with details; please RSVP if interested in attending.

The Holiday Party is fast approaching. We will be hosted by Susan Gauen in the party room of her building at 2800 No. Lake Shore Dr. The event is Saturday, Dec 5 at 6:30 pm. Please consult the enclosed flyer for more details. Also please note that you must sign up, as a list of attendees will be submitted to the front desk and **IF YOUR NAME IS NOT ON THE LIST, YOU WILL NOT BE ALLOWED ENTRY!**

### Long Distance Walks

Our next outing is Nov 1 at Starved Rock. Liz Wells will lead the group as she has done so many times in the past. We meet at the front desk of the lodge at 10:00 am. This is a **sign-up walk so you must contact Liz if you are coming.** Count on approximately two hours of hiking with a rest/snack break.

December takes us to the Botanic Gardens. The gardens will be decorated in holiday fashion which will bring an added attraction to this walk. We will lunch in the restaurant before we head back. **Please call the leader if you are attending.**

New Year's Day we will walk our traditional path in the loop and along Michigan Ave. The meeting place is the Harold Washington Library at 10:00 am. We will lunch at Water Tower, then head back to the library. **Please call Kathy Kearney if you are attending.**

**Kathy Kearney, Social**

we can start a new season in 2010 with as many new members as possible. Please refer anyone who may be interested in joining us to Web Site at: [www.chicagowalkers.com](http://www.chicagowalkers.com) where I or any Board member can be contacted for information on the Club. "Happy Holiday Walking"

**Rick Daitchman, Public Relations**