



# Newsletter

NOVEMBER 2010

RACEWALK FOR FITNESS AND FUN



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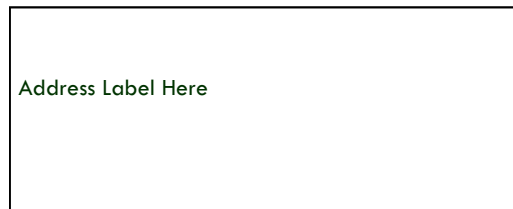
**We exist because you run, walk and stay fit**

1620 N. Wells Street  
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**Chicago Walkers Club**  
4170 N Marine Dr #7A  
Chicago, IL 60613

ADDRESS CORRECTION  
REQUESTED



## Meet a Member

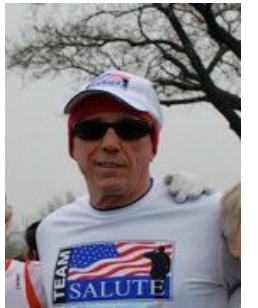
Inspiration can come from anywhere at any time. For Rick Daitchman, it came from a few well chosen words which weren't exactly complimentary.

Over ten years ago, Rick moved to Chicago from the suburbs. He was, in his own words, a slug. He was overweight and out-of-shape. At the urging of his family, friends and neighbors he joined Chicago Walkers in 1999. For over 2 years, he came to the Saturday morning walks with nary a pound in weight loss.

That all changed one Saturday morning in the fall of 2001 when Diane Henry brought a former Olympic race walking coach from Germany to talk to the Chicago Walkers. While working with Rick, the coach sullenly agreed with Rick's self-assessment. But something in the way this coach spoke also inspired and challenged Rick to start race-walking competitively. Off came the pounds and up went his endurance. In May of 2002, Rick race walked in his first race – a half marathon in Indianapolis. His pace was 12.08 per mile. Three years later, Rick did a half marathon in 2:31 which was about 9 full minutes faster than his first race.

Rick has also moved on to full marathons. He race walked in the Chicago Marathon four times and the Marine Corp. Marathon in Washington, D.C. once. His fastest Marathon time is 5 hours, 19 minutes, 24 seconds in the 2006 Chicago Marathon. Along with fellow Chicago Walker Jim Pederson, he has raised

close to \$30,000 for military families in the past three years. Rick didn't race in the 2010 Chicago marathon, but he volunteered with Team Salute and the Red Cross via the Health and Fitness Expo and the Charity Block Party. In addition to all the people who support him by donating to these worthy causes, Rick receives support from wife Janice, daughter Brooke and many members of the racing community including Diane GrahamHenry and Rebecca Gilman.



Since Rick has joined the ranks of competitive race walkers, he enjoys sharing his formula for success. First, concentrate on technique. Second, build endurance. Third, slowly work to increase speed. Furthermore, Rick has no intention of not coming to the Saturday morning walks. He enjoys the camaraderie of the race walking community and walking with the social or recreational members of the Chicago Walkers. He also enjoys the physical as well as the emotional and psychological benefits of intensive walking.

Next up is Hot Chocolate 15K race where he will race with sister Tyra and other Chicago Walkers. On Thanksgiving Day, he will also do the Turkey Trot.

**Patsy Ramos, Reporter**

## Training Program

### Winter Workouts

As we are approaching the colder temperatures and slippery walking surface time of year (a.k.a. winter), it is a good time to take stock of our workout goals. We have several CWC members who are recovering from injuries and/or surgeries. They should first of all follow their doctor or physical therapist's instructions. All of us should give some thought to what we hope to accomplish through walking in 2011.

If you are a **racewalker** or would like to take on that challenge this year, listen to your

body. Do you need to back off your routine to let a hamstring or sore foot heal? This is the time of year to do that. Look for alternative or cross training workouts (aerobic classes, yoga classes, elliptical machines) that will help you keep up your energy, while you give your sore area(s) a chance to recover. Then start rebuilding your walking base.

To build your walking base, walk about three miles a few times a week for a couple of weeks. Then begin to increase the number of miles and days per week that you walk. You should be walking at least 15 miles a week before

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## Calendar

- 11/6 - Hot Chocolate 15k or 5k Race in Grant Park
- 11/7 - Bemis Woods Long Walk
- 11/25 - Turkey Trot 8k, Lincoln Park
- 12/4 - Annual Holiday Party
- 12/5 - Botanic Gardens Long Walk (sign up required)
- 1/1 - Long Walk Downtown Chicago
- 3/1-6 - World Masters Indoor Championships, Kamloops, BC Canada

## 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

## Financials

Fiscal Year: April 1 - March 31

Cash as of November 1, 2010 was \$3,138.00.

## 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 136 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

How is it that in one of the warmest September's on record we chose the coldest and windiest day of the month to host the 24th annual CWC race? A rhetorical question certainly, but I'm sure it was on the minds of the participants the morning of September 25th as they courageously pushed on wearing their regulation shorts and battling what felt like 30 to 40 mph winds. Those of us who volunteered had no place to hide from those vicious north winds either, but at least we were bundled up. Amazingly, we all survived and the race went very smoothly. See the details in Diane Graham-Henry's column and offer congratulations to our winners and to all the participants. Thanks to all the volunteers and participants who could just as well have decided to sit this one out, but didn't.

Rick Daitchman outdid himself with great prizes, food and drinks, all of which were donated by our generous sponsors. Gutrich Chiropractic at 1425 W. Diversey (their original center is in Franklin Park), was represented by 3 of

## Mr. Marketing.....

Now that the Fall/Winter season is here, I would just again like to Thank the sponsors of our Annual Diane Graham-Henry 5K held last month on September 25<sup>th</sup>. Members are encouraged to support all of the following sponsors: 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, the Franklin Park Chiropractic Center as well as their Gutrich Chiropractic Center on Diversey Ave. in the City. Without the generosity of these businesses, our race would not be the event that it has become.

The cooler weather outside can still afford one a good workout while maintaining the health benefits of a Walking lifestyle. It is also a good time for all members to think about promoting our Club as much as possible to friends, family members and co-workers so that we can start a new season in 2011 with as many new members as possible. Members are asked to please refer anyone who may be interested in joining us for the upcoming 2011 Walking season, to our Website at: [www.chicagowalkers.org](http://www.chicagowalkers.org) where myself or any Board member can be contacted for further information on the Club.

"Happy Holiday Walking"

**Rick Daitchman, Public Relations**

**Please welcome our  
new member:  
Patricia O'Brien**

their professional staff who provided massages and even assisted with clean-up chores. They loved being out there and they added great energy to the event as well as a great service. I, in fact, can't wait to cash in my prize of a one-hour massage! How cool is that? Please remember to support all of these local businesses whenever you can. We'll keep reminding you of who they are.

All of our Board Members have been busy with various club activities and planning more for the future. Check out each of their columns and plan to stay connected while you stay fit during the coming months. Sign up for the Holiday Party (volunteer to help too); nurse your hangover with the Club's long walk on New Years Day; jump into the Hot Chocolate race on Nov 6th; and keep coming out on Saturdays to enjoy the fresh air this winter. Don't forget to bring a friend and help to grow the sport of race walking and the Chicago Walkers.

**Kathy Marr Stern, President**

*(Continued from page 1)*

you begin training for a long race (10 mile, 20k, half marathon). Don't do the same number of miles each time you walk. Take one longer (at least five mile), easier paced walk and some shorter, quicker paced walks each week. Always work at walking with a legal race walk form.

We will begin training for a long walk in February. There are several local races that CWC members have participated in the past several years. We will look for interest in these and the 2011 World Masters Athletic Championships in Sacramento, CA on July 6-17 ([www.wma2011.com](http://www.wma2011.com)) when we are ready to set up our training schedule in early February.

If you are a **health walker** without any injuries or walking related soreness, keep up your daily constitutional. You may need to look for alternative indoor classes and exercise machines to keep you strong during the winter. Whether you are indoors or out invite a friend to workout with you and make your experience much more fun.

**Something to look into:** "Walking about six miles a week appears to protect brain shrinkage in old age, which in turn helps stem the onset of memory problems and cognitive decline..." You can read about this observational study by the U.S. National Institute on Aging published in *Neurology* Oct. 13. (Just Google it.)

**Doris McGuire, Program**

## Racing Juice



### 24th Annual Diane Graham-Henry 5k - Results

This year's race was a grand success thanks to the wonderful club members who volunteered to make the event go smoothly on September 25. We had a bright sunny day, with less than favorable winds. But the volunteers and athletes braved the elements and completed the race in good spirits.

Thanks go to Rick Daitchman on his well received volume of sponsor raffle prizes. Pretty much the majority of athletes and volunteers left with something from this event.

And many thanks to all who came out to participate and volunteer for our annual event. We may have had a lower turnout this year due to some folks being under the weather and a few being injured. We did, although, draw athletes from Wisconsin and Indiana to our race and look forward to a



stronger turnout for the 25<sup>th</sup> Annual in 2010.

The final results, which also include the names of our club volunteers, can be found on our website at



[www.chicagowalkers.org](http://www.chicagowalkers.org).

Fleet Feet's annual Turkey Trot 8k, held in Lincoln Park, is on Nov 25, with start time of 9:00 am. Contact [caprievents.com](http://caprievents.com) for registration.

Due to preparation for her Aldermanic race and her work as Committeeman for the 43rd Ward, our Michele Smith



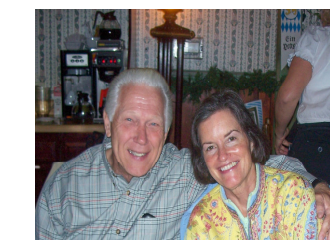
did not have time to write a newsletter article about her Chicago Marathon adventure this October, but here at least is a picture of her with Klaus Thiedmann during the race. Klaus was not entered, but joined Michele to give a little encouragement at just the right time. Michele had a great race, saying it was an awesome accomplishment for her! We are so proud of her!!

**Diane Graham-Henry, Racing**

## Socials

### Oktoberfest

We celebrated Oktoberfest on October 3 at Edelweiss in Norridge. The food was fabulous and the band was very entertaining. We had many members there who experienced great food, drink and wonderful conversation.



### Holiday Party

Our annual holiday party will again be hosted by Susan Gauen at 2800 N. Lake Shore Drive on Saturday, December 4. Sign-up sheet is available at the Saturday morning walks or call me at 630-627-3787; the deadline for signup is November 28. Please remember that guests are more than welcome, and their contribution remains at \$10. However, they are not required to bring a dish this year. Volunteers are also needed for prep, serving, and clean-up.

### Long Distance Walking

Our next event will be on November 7 at 10 AM at Busse Woods in Western Springs. December's event is at the Botanic Gardens on the 5<sup>th</sup> at 10 AM. Please consult the website for directions.

We are working on the 2011 schedule. When completed, it will be on our website. Liz Wells has kindly volunteered to lead the first walk of the year on January 1. We will tour Chicago's downtown and surrounding areas as we did last year. Anyone who attended the 2010 walk can testify what a great time we all had. 2011 may be the end of our long distance walks as we have not attracted members and friends during 2010. I will keep you posted as to what will occur in 2012 later in 2011. Suggestions are appreciated.

### Member Update

I spoke with Bill Barnett recently and he is onto another chapter in his life. He is feeling great and has moved from Chicago to his daughter's house in Glenview, where he can entertain friends and family. Anyone who knows Bill appreciates his long commitment to Chicago Walkers, volunteering for many social events, his competitive spirit at the annual race and his constant presence on Saturday mornings. It was a pleasure talking to him and I'm sure we all wish him the best.

Roger Swearingen has sent me several letters regarding his absence from Walkers. He suffered a hip injury and assures me he will be back sometime in November. We wish him well.

**Kathy Kearney, Social**