



Newsletter

MARCH 2011

RACEWALK FOR FITNESS AND FUN



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Mon-Wed: 11 - 6, Thurs: 10 - 8
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Chicago Walkers Club
4170 N Marine Dr #7A
Chicago, IL 60613

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Calendar

- 3/1-6 - World Masters Indoor Championships, Kamloops, BC Canada
- 3/6-Bemis Woods Long Walk
- 3/20-WI Assn 10k Race Walk
- 3/20-MI Indoor 1500-3000 m
- 4/3-Morton Arboretum Long Walk
- 4/7-Tempo Training starts
- 4/10 WI Assn - 5k Race Walk
- 4/10-Shamrock Shuffle 8k
- 4/16-CARA Lakefront 10 mile
- 4/24-MN Spring Fling 5k
- 5/1-Highland Park Long Walk
- 5/7-Kenosha Half Marathon
- 5/8-WI Assn - 20 k Race Walk
- 5/21-MN Marathon, Half Marathon, 50k Race Walks
- 6/4 WI Assn 1 Hour Postal
- 6/12-USATF/MN 5k Championship

Training Program

Spring Training: 2011

It's great to see more and more Chicago Walkers coming out of hibernation after this rather difficult winter to join in the 8 and 9 o'clock workouts! As you return to the fold, consider the following:

- If you have been working out all winter and are injury free, you are ready to just join in.
- If you've been unable to keep up a regular workout routine, you may need to take it easy at first and rebuild your endurance base. Make sure you start with warm up exercises and do the cool down stretches at the end of each workout.
- If you've been ill or injured, make sure you follow your doctor or physical therapist's orders over any directions you receive during our workouts. Our warm up exercises and cool down stretches may not be right for you. Do the ones your health care provider has given you. (They may be good for all of us.) Also, be mindful of what a good distance and speed is for you during the walk. If you need to head back to our meeting place early, just do it.

Several Chicago Walkers are using the **8 o'clock workout** for endurance training for long races. The number of miles we are walking and the time we are starting varies from week to week. If you are joining us, make sure you check your email for the latest information on the distance and start time. On May 14 we will return to the regular 8 o'clock workout.

Membership

It's membership renewal time! The fiscal year for CWC is April 1 – March 31, and you have until June 30 to complete a new application to renew your membership. After June 30 a late fee of \$5 is assessed - a grace period of three months. New members who joined after Nov. 1, 2010 are considered prepaid for the 2011 year. An application is required each year due to insurance policy that requires annual waivers to be signed.

Renewals are due April 1. An application

Reminder: The drinking fountains in Lincoln Park will not be turned on for several weeks. Carry and drink water to stay hydrated during your workout.

Are you trying to improve your nutritional intake but get stumped when choosing between



similar-seeming nutritious items? Google **Battle of the Foods: 14 Winning Nutrition Picks** to learn why blueberries

are a better choice than strawberries, turkey breasts beat chicken breast, and almond butter beat peanut butter. Which is better for you: spinach or kale, goat's milk or cow's milk, wheat bread or rye bread, extra virgin olive oil or canola oil, quinoa or brown rice, regular yogurt or Greek yogurt, green tea or coffee, pork tenderloin or beef tenderloin, feta cheese or goat cheese, red pepper or green pepper, flax oil or flaxseed? All of the answers are revealed in Matthew G. Kadey's article.

Happy walking!

Doris McGuire, Program

has been included in this newsletter for your convenience.

If you have any questions, you can reach me at 773-348-0384 or at colleen43@gmail.com.

Colleen Leahy, Membership

*Please Welcome New Members:
Dana Azzarano, Shawn Mathis,
Carla Levon and Howard Salita*

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 December 31, 2010 was \$2,512.25..

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 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

It's been a creative & collaborative quarter for the CWC Board members as we reviewed and updated the Club's website. We'll notify everyone when the updates are finalized. Additional changes can always be made so pass along your comments or questions to any board member either in person or via email.

In May it will not only be Spring, but for us it's TIME TO ELECT A NEW BOARD! All positions are open to any member who wants to volunteer to serve for the next two years. Detailed position descriptions are available on the website, but here, in a nutshell, is my summary of what each of our current officers does:

- President: Now that the CWC is formally set up with bylaws, position descriptions and our website, my job has been simply to oversee the excellent work of the other board members. Our current officers are smart "self-managers" and my job has been to help them as needs arise, coordinate quarterly meetings and write this column.
- Treasurer: Irmela Levin, who is a CPA, handles our checking account, pays the bills, and deposits the checks we send her each year...including our membership dues! You don't need a CPA, just number crunching skills & Excel knowledge will do it.
- Membership Director: Colleen Leahy is the face of the CWC to new members. She sends each of them a welcome package and is great about introducing each new person to the group and making them feel welcome, whether or not they ultimately become a member. She also mails out the newsletters and other communications and tracks our membership totals each quarter.
- Communications Director: Rebecca Gilman is a whiz at the computer and puts together the quarterly newsletter, making sure it gets done on time. She also coordinates with Mark Sekelsky, our wonderful webmaster, to make sure all updates are accurately entered in the website.
- Racing Director: Diane Graham-Henry has

Mr. Marketing.....

As we begin a new fiscal year at CWC, we ask all members to promote our Club as much as possible to friends, family members and co-workers. Please refer anyone who may be interested in joining us to our web site at www.chicagowalkers.org; where any Board member can be contacted for further information.

CWC members are encouraged to support our sponsors - Fleet Feet Sports, Murphy's Fit in

held this position since it was created, and will undoubtedly need to stay involved if someone were to step up and volunteer to handle these duties. There's plenty of outreach, coordination, training and information-sharing to do here. Diane would be a great mentor to someone interested in coordinating the annual club race and consulting on the competitive and technical aspects of race walking.

- Program Director: Doris McGuire keeps us focused day-to-day by directing the Saturday work-outs and instructing walkers on the technical aspects of race walking. She arranges and leads the training program for competitive walkers and she insures the well-being of all of us with her well thought-out warm up and stretching activities.
- Public Relations Director: Rick Daichtman has gotten to know most business people in the community who have anything to do with our sport. From shoe stores to grocery stores to chiropractors and massage therapists, he gets them to contribute in both money & kind to the club, especially to the annual race.
- Social Director: Kathy Kearney has developed this position over the years, setting up bi-monthly dinners, planning and executing not only our holiday extravaganza, but the brunches & summer bar-b-ques throughout the year. She's now qualified to be an Event Planner for the Chicago Bureau of Conventions & Tourism!

Although these people appear to be irreplaceable, I know we have some talented race walkers with the skill and energy for these jobs. Please consider putting your name on the ballot to help keep the Chicago Walkers a vibrant and effective organization. Put your skills to work.....for us!

Kathy Marr Stern, President

Evanston, Universal Sole, New Balance-Chicago, Lincoln Park Market, Goose Island Beer Co., Great Harvest Bread in Evanston, the Franklin Park Chiropractic Center and their Gutrich Chiropractic Center on Diversey Ave. in the City. These businesses continue to support our club year after year, and it is much appreciated.

"Happy Walking"

Rick Daitchman, Public Relations

Racing Juice

Tempo and Speed Training

Coach Diane will be starting up the Thursday evening Tempo and Speed Training on April 7. Start time is 6 p.m. near the field house at the end of Lincoln Park near the foot bridge over the Drive. We meet at the water fountain by the field house.

Make sure you get there early enough to be warmed up and ready to train. Warm up includes walking 15 to 20 minutes, dynamic drills, and light stretching.

These sessions improve your conditioning and speed capacity. Look forward to seeing you all.

Wisconsin Race Walk Calendar 2011

3/20 - WI Assoc. 10k Race Walk Road Championship

4/10 - WI Assoc. 5k Race Walk Road Championship

5/8 - WI Assoc. 20k Race Walk Road Championship

6/4 - WI Assoc. 10,000/ 1 hour Race Walk Track Championship

8/17 - WI Assoc. 3,000m Race Walk Track Championship

8/24 - WI Assoc. 3k Race Walk Road Championship

10/9 - WI Assoc. 15k & 50k Race Walk Road Championship

12/10 - WI Assoc. One Mile Indoor Race Walk Championship

Contact: ccwalker_uwp@yahoo.com

Michigan Indoor Championship

3/20, - MI Assoc. Open/Master Indoor 1500/3000m race walk

(distance determined by interest). Eastern Michigan University (Ypsilanti). Contact: Jan Burch, mitcajan@hotmail.com

Minnesota Race Walks

4/24 - 5k annual Spring Fling, the Jorvig Prk course in St Louis Park, contact twincitiesracewalkers.org/events

5/21 - Marathon, Half Marathon and 50k - The We Walk!

Marathon in St. Joseph, MN - contact walkonmn.org/marathon

6/12 - 5000 m (track) - USATF/MN Open and Masters Outdoor Championships - contact usatfmn.org/usatf-minnesota-association-open-masters-outdoor-tract-field-championships

XIX World Masters Athletics Championships

The application online is now available for these Championships in Sacramento in July 2011. Go to www.wma2011.com to register. It's quite easy.

Diane Graham-Henry, Racing

More Holiday Party Pics!



Socials

Holiday Party

We celebrated yet another successful holiday party at 2800 N. Lake Shore Drive hosted by member Susan Gauen. Thanks to all the volunteers who made an extra special effort to make this a



fun celebration. The food was excellent, music was great and the white elephant contributed to the festivities. Thanks to our entertainment provided by Doris McGuire,

etal for the great walker lyrics set to holiday melodies. Mark your calendars for the 2011 party which will be the second Saturday in December (the 10th).

Dinner Outing

We gathered at Big Jones for a taste of Louisiana cuisine on February 13th. Much conversation and laughter could be heard from all who attended. Our next dinner outing will be the month of April. I will post details on the website as well as on the general e-mail when it becomes available.



Long Distance Walking

Liz Wells reports a great turnout for the walk in the city on January 2. She always does a great job with this and I regret not being able to attend. I did check with her and other attendees who told me it was the best ever to celebrate the New Year.

We had to cancel the February walk due to all the snow and cold we experienced this winter. However, the lineup for the next several months include the following:

- March 6 - Bemis Woods in Western Springs
- April 3 - Morton Arboretum in Downers Grove
- May 1 - Highland Park Area
- June 5 - Chicago River Walk

Please check the website for additional details. You are strongly encouraged to contact the various leaders the day before the walk just to make sure it is not canceled due to inclement weather.

Kathy Kearney, Social