



# Newsletter

SEPTEMBER 2008

RACEWALK FOR FITNESS

Important!!!  
Race application  
and  
membership list  
inside.

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

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### Calendar

- 9/1 - OAK BROOK HALF MARATHON
- 9/7 - LW UPPER FOX RIVER
- 9/13 - LW Michigan City
- 9/14 - Chicago Half Marathon
- 9/20 - Annual Club Diane Graham-Henry 5k
- 9/21 - LW Lake Geneva
- 10/12 - Chicago Marathon
- 10/19 - DETROIT FREE PRESS FULL & HALF MARATHON
- 10/25 - LW Morton Arboretum
- 10/25 - Oktoberfest
- 11/2 - LW Starved Rock
- 12/7 - LW Kline Creek Farm

### Ready, Set, Go - What to do - before, during and after a race

By Rebecca Gilman

Many of our members have asked what they need to do, other than follow Donna Green's training schedule, to prepare for our 5k race. I will try to answer most of those questions, based on my own experience.

#### BEFORE THE RACE

**Food** - I want to be sure my supply of energy will be adequate during the race, so I will be sure to eat carbohydrates - pasta, potatoes, rice, cereals or bread - at

every meal for several days before the race. I'll also eat some protein each day, as well as the usual fruit and vegetables. I'll take any medications as prescribed, and my usual vitamins. I won't eat or drink anything new to me at least one week prior to the event.

**Water** - I can't drink eight 8 oz glasses of water a day, otherwise I would spend all my time in the

bathroom and not on the track or trail! But, I do drink at least two 16 oz bottles of water each day, along with other liquids - coffee, tea, wine, juice, etc., to adequately maintain hydration.

**Clothing** - I set out all my race clothing and supplies the night before the race. *Don't wear brand new clothes or brand new shoes.* Remember that

**Congratulations to Rebecca Gilman who just joined the ranks of Diane Graham-Henry, Donna Green and Joan Grossman, by obtaining the USATF Level 1 Coach certificate!!!**

you must wear shorts, as judges need to see your knees. Don't forget sunscreen, sun glasses, Body Glide or Vaseline for chafing, and visors or caps.

**Sleep** - I usually am nervous the night before a race and don't sleep well, but I make sure I get a good night's sleep for several nights before. This is a common problem with many athletes, and the good sleep time overcomes the poor sleep of the night before the race. If you sleep well the night before the race, all the better!!

#### RACE DAY

(Continued on page 2)

### Training Program

#### Club Race

Our club 5K **judged** (proper racewalk form) race on September 20 is just weeks away and we are looking forward to a great turnout.

Doing the first Saturday aerobic miles and walking in pace groups should have prepared many of you to do this race. In the final week or two you should be walking fewer but faster miles. Now would be a good time to attend our 8:00a.m. Saturday sessions for some interval training to prepare for the race.

#### Upcoming Race Walk Clinic

Fall is an excellent time to work on form as well as endurance. On October 4 CWC will host a race walk clinic to be conducted by Jolene Moore. Jolene has won numerous National titles, competed on multiple World Cup teams and finished fifth at the 2008 Olympic Trials (on an injured hamstring, no less). Jolene coaches a group of race walkers in the Northbrook area and is highly recommended by CWC's Ruth Buffalo.

The clinic will be at 9:00a.m. on October

4 near the small brick field house at the southern end of Lincoln Park. It will go until 10:30 or 11:00a.m. The fee will be \$30.00 per person. Jolene has a great session planned to make sure we get a good workout while we learn some drills and technique tips.

A week or two before the clinic, look for an email reminder which I'll ask you to respond to if you plan to attend. You can also tell me or another member of the board if you plan to attend and we'll have sign up sheets on September 20 and 27.

#### Schedule

8:00a.m. Saturday threshold interval training continues.  
9:00a.m. September 6 will be our last aerobic mile this year - and will be great preparation for our club race.  
9:00a.m. October 4 near the Field House - Race walk clinic with Jolene Moore. \$30.00 per person.

Donna Green  
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## 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 1QFY09 (June 30, 2008) was \$2,639.34 .

## Coaches

Rebecca Gilman  
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 135 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

As I pondered whether summer weather would ever come, Labor Day weekend already came and went. We have certainly had some of the best racewalking days this summer.

Our club not only continues to see the addition of new members but also the addition of our coaching staff. With Donna Green and Rebecca Gilman obtaining their USATF Level 1 Coach certificates, the club has increased the coach count by 100% this year. This means doubled resources to help members work toward improving their form, speed and endurance. During the summer months, we also benefited from coaching by Al Fisher. I trust many of you have taken advantage of the resources available to you.

More good news on this front is the securing of Jolene Moore to lead a racewalk clinic for club members. This is an opportunity not to be missed. Please see details on page 1 under Training Program for more information.

## Membership

Enclosed in this newsletter, you will find your annual copy of the Membership list. Please check your information and let me know of any corrections and/or additions. We do try hard to keep the information as current as possible, but sometime changes get missed or do not come to us. We apologize in advance for any errors.

## Ready, Set, Go ... -cont'd

(Continued from page 1)

**Food** – I eat a small breakfast (Cheerios or oatmeal with fruit) about 1-1/2 to 2 hours before race start. Some people eat only a banana. I avoid coffee or tea, as they are diuretics, causing a possible “pit” stop during the race.

**Water** – I drink at least one full bottle of water from the time I get up to race time to make sure I remain well-hydrated during the race. There is water on the course to provide further hydration. I also use the course water to cool my body during the race – a little splashed over wrists and the back of the neck will lower body temperature. Some people pour a cup of water over their heads, which is also a good cooler!

**Clothing** – I never forget anymore to double-tie my shoes. Having to stop during the race to un-knot and/or re-tie a shoe loses lots of time on the course.

**Warming Up** – You don't want to use all your energy warming up before the race, but a good warm-up is essential for performing well and keeping healthy. For a 5K I will race walk the course one time at a good pace, but not “race” pace, then do some stretches, then race walk the

Hats off to our competitive racewalkers in the club - Donna Green, Rebecca Gilman, and Doris McGuire just won a team silver from the National USATF 15k Open Race Walk Championships held in Minneapolis; and Rick Daitchman and Jim Pedersen will continue their journey from the Chicago Distance Classic Half Marathon (as did Michele Smith) to the Marine Marathon and the Chicago Marathon. Many members will be heading toward the Detroit Free Press Half Marathon in October.

One note on the upcoming club race in case you missed it: our club race is a judged race, which means you can get disqualified by not holding the correct form. Please make sure you talk to the coaches and know the rules. This is a small race, a great one for first-timers. I hope to see many of you taking part of this race! In the meanwhile, happy walking!

I-Tsuay D'Arcangelis

### Please welcome our new and returned members:

Tom Karadatsas  
Kathleen Sullivan  
Mary Tully  
Larry O'Brien  
Evelyn Kadlub

Please note the permanent Membership column at left for membership related information.

If you have any questions, you can reach me at 773-348-0384 or [colleen43@gmail.com](mailto:colleen43@gmail.com).

Colleen Leahy

course again. I'll continue to stretch while I wait for judge's instructions and start. Don't forget to tap your feet to warm your shins!

**On the Course** – *Starting too fast is the biggest mistake for many racers.* The 5K is not an aerobic mile race; it is 3.1 aerobic miles, so don't start out as fast as you would for a “first Saturday.” Look for someone to race with who is close to your pace, stay with them for at least one lap, then move ahead when you are ready. Remember, a race really begins at the last two laps.

**Race Finish** – You've finished and you are exhausted! Drink water; eat a banana and a bagel or cookie while you walk around for about 10 minutes to cool down. Then do some stretches while you wait for the results and your medal! Once you get home, eat some protein to replenish your muscles. If your legs are tired, lie on the floor with your rear against the wall and your legs straight up and flat against the wall for about 5-10 minutes.

Hopefully these tips will help you have a great race!

## Racing Juice



The Chicago Walkers trio of Donna Green, Doris McGuire, and Rebecca Gilman drove to Minneapolis for the National USATF 15k (9.3 miles) Open Race Walk Championships, August 17. Diane Graham-Henry and Joan Grossman were there as officials.

The “Trio” came home with 2<sup>nd</sup> place in the team competition for The Chicago Walkers. Kudos for their finish times; Donna in 1:39:45, Doris in 1:44:34, and Rebecca in 1:52:13. Way to go, gals!



Tori Cooper, whom we think as our own, raced under the Parkside, Wisconsin, club. She finished in a respectful 1:26:42.

Rick Daitchman is our marathon man, training for the Marine Marathon as well as the Chicago Marathon (yep, that's two in the same season). He and Jim Pedersen completed the Chicago Distance Classic Half Marathon on August 10. Rick finished in 2:40:11, and Jim in 2:44:19. Congrats, guys!

## CLUB RACE....

Yep, it's that time of year. The 22<sup>nd</sup> Annual Diane Graham-Henry (non-memorial) 5k Race Walk is September 20. This event is one of the biggest club events...outside of all the “dining” events. We're hoping to see a lot of people racing, and those who aren't should be out there encouraging those who are by volunteering. Volunteers are also included in the raffle prize drawing. And...you are so needed to make the event a great Chicago Walkers tradition.

So, if you are racing, or you are volunteering.... go online to [www.chicagowalkers.org](http://www.chicagowalkers.org), and pull up the application. There is a spot for volunteers on there.

See you at the race!

Diane Graham-Henry

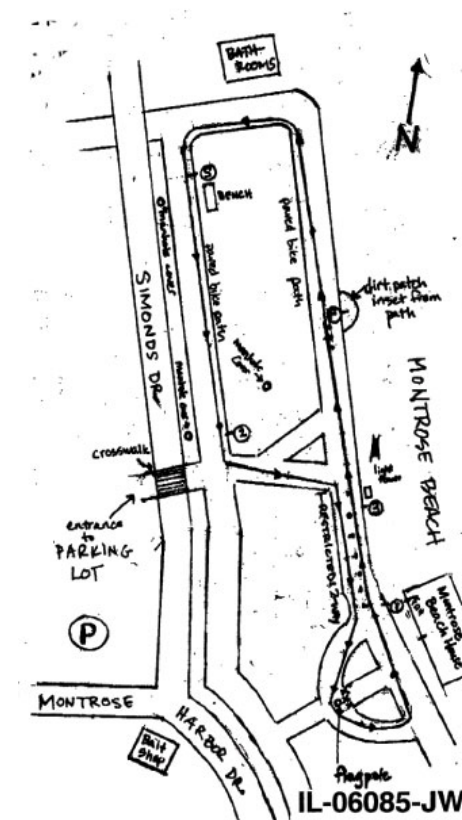
## Long Distance Walk

Please mark your calendars for September 13 – I have arranged a walk with Christina Dougherty who is a member and lives in Michigan City, Indiana. Afterwards she will have brunch prepared for us. Flyer is enclosed in your newsletter.

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

## Club Race Course Map

This is a looped course. The loop is .64 mile in distance. It will take 4.84 loops to complete the 5k race.



## Socials

### Annual Brunch

Diane Graham-Henry was our “hostess with the mostest” again this year for our annual brunch. The weather was very cooperative with pleasant temperatures and heavy doses of sun which was very welcomed after a long heat wave that week. About 35 attended this year and the assortment of dishes was better than ever. Again lively conversation and great camaraderie abounded.

### Lakefront Events

Several members gathered at Millennium Park for the Gershwin concert on July 19 which was thoroughly enjoyed by all.

Due to lack of interest the Theatre on the Lake event on July 26 was cancelled.

A few members went to Millennium Park on August 16 for the opera chorus presentation.

### Dining Experience

We dined at a very unique restaurant, Galapagos Café, on Sunday, Au-



gust 24. It featured a harmonious mix of Japanese and Ecuadorian food which everyone delighted in. We all experienced wonderful entrees which were absolutely delicious. This one's a “keeper”!

### Upcoming Events

Oktoberfest is scheduled for Sunday, October 25 at the Brauhaus. Details to follow.

Kathy Kearney