

THE NEW YORK WALKER

A Quarterly Publication of the New York Walkers Club

Spring 2007
Volume 2 - Issue 1

“Nothing’s better than the wind on your back, the sun in your face, and your friends behind you.”

Arnold Douglas Trimble

The New York Walkers Club wins The 2007 New Yorkers for Better Neighborhoods Award!

On Wednesday, March 7, 2007, Lon Wilson was awarded a grant for the work he's done with the New York Walkers Club at the 2007 New Yorkers for Better Neighborhoods. This was sponsored by the Citizens Committee for New York City.

The evening started out with a welcome by Peter Kostmayer, President of

CCNYC who introduced the Keynote Speaker, Manhattan Borough President, and Scott Stringer. Stringer talked about how important New Yorkers are in helping other New Yorkers and he applauded the work and effort by all who were receiving awards. There was a presentation of awards to the various groups and refreshments were served.

Representing the New York Walkers Club pictured below (from left to right) are Coach Lon Wilson, JoDell Shields, Dennis Gawrys, and Marian Spatz.

Congratulations to Lon on a well deserved award. His contributions truly inspire and he makes the difference to all of us.

Writer: JoDell Shields

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The New York Walkers Club Brooklyn Bridge Walk



When I arrived at City Hall Park on Sunday morning it was a little overcast and there was a chill in the air, but as soon as Lon started the morning warm up, everyone was ready to walk across the Brooklyn Bridge and take in the scenic sights. We managed about three or four photo ops along the way, including pictures of the Statue of Liberty, the South Street Seaport and the beautiful Manhattan skyline.

For me personally, crossing over into Brooklyn is always very nostalgic...My family moved to the Park Slope section of Brooklyn when I was 6 months old and even though I have lived in Manhattan for almost thirty years, Brooklyn is always in my heart.

Our walk started at Cadman Plaza, down Court Street to the Promenade, where the view of Lower Manhattan was not only breathtaking, but also thought provoking as everyone noticed the picture of the Twin Towers posted on the railing as we all looked across in silence. This part of the city is known as Brooklyn Heights and many of the homes and buildings are historical landmarks. We passed by the St. George Hotel, which at one time was New York City's largest hotel with over 2600 rooms. Today much of it is in disrepair due to a fire in 1995.

We continued our route down past Montague Street, which is a quaint little street, with some well established restaurants as well as some newer trendy ones. By this time everyone was starting to get a little hungry and anxious to get to Junior's, so Narita suggested a shortcut down Fulton Street. As we passed by Macy's, we noticed a placard by the main entrance, which said that this building was the original location for A&S Department Store and is a historical landmark. Narita, Marion and I all reminisced about our trips to Downtown Brooklyn. We all tried to figure out where the old Martin's and

May's Department Stores were once located.

Finally, Junior's was in our sights. When we all arrived at the restaurant, we were seated quickly and baskets of pastries were brought to the tables. We all ordered breakfast and enjoyed the feeling of hunger that comes when you've been walking for almost two hours in the cold morning air. I must admit that our walk did turn into a little bit of a saunter for some of the way, but we were all enjoying the sights and the camaraderie of our group.

What would a trip to Junior's be without tasting their cheesecake? Lon was kind enough to not only treat us all to breakfast on the Walker's Club, but he sent us all home with a slice of Junior's Famous Cheesecake.

By Stephanie Hronec

There was a party over here !

Once upon a time, in the very, very recent past a herd of walkers met at a very small apartment in the town on NYC to give thanks and appreciation to our Coaches.

We were of twenty-three, including a couple of colts with big appetites. The larger breed didn't do too badly either and with good healthy choices of foods to pick from and that was brought by us culinary chefs. Deserts were worth the eating, even though some felt that walking an extra 10k was worth it.

Everyone was at glee considering the town was in a melt-down. Some managed to come by way of sled-dogs, by the iron-horses and some came by foot.

We came here to rejoice with our coaches, Richard and Lon. These two gentlemen have shared their time with us on, most Saturdays through out the year and also on the days that they planned events for us to walk in other part of town. They are truly more than coaches to us; they are good friends to us.

Our hostess with the "mostess", JoDell (pictured right), let us trample (not really trample) over her lovely carpets and white sofas. Soft music was played, lots of laughter, lots to drink and eat, good conversation was had

by all. And don't forget, lot of pictures....hold that smile

Story by:

Nerida Munoz



Richard and Lon

Party People



Treating Shin Splints

STEP 1: Ice the shins once a day. Leave ice on for 20 minutes, off for 40, repeating this pattern 3 times in a row.

STEP 2: Massage the painful area as often as desired. This can reduce swelling. Also do some stretch exercises such as pointing the toe upwards

and lifting the heel. Hold the count for 1, 2...10

STEP 3: Try taking nonprescription anti-inflammatory medication, such as aspirin or ibuprofen, which often helps alleviate minor pain and discomfort.

STEP 4: Rest.

If you feel the pain return during your training, then slow down and take more time to treat the shin splint. If after a few days there is no relief, see a physician. (Rose Jackman)

Source: www.ehow.com

Water: Your most important resource

Every day you lose water through your breath, perspiration, urine and bowel movements. For your body to function properly, you must replenish its water supply by consuming beverages and foods that contain water.

A couple of approaches attempt to approximate water needs for the average, healthy adult.

Replacement Approach.

The average urine output for adults is 1.5 liters a day. You lose close to an additional liter of water a day through breathing, sweating and bowel movements. Food usually accounts for 20 percent of your total fluid intake, so if you consume 2

liters of water or other beverages a day (a little more than 8 cups) along with your normal diet, you will typically replace the lost fluids.

Dietary recommendations.

The Institute of Medicine advises that men consume roughly 3.0 liters (about 13 cups) of total beverages a day and women consume 2.2 liters (about 9 cups) of total beverages a day. Even apart from the above approaches, it is generally the case that if you drink enough fluid so that you rarely feel thirsty and produce between one and two liters of colorless or slightly yellow urine a day, your fluid intake is probably adequate.

As an athlete, water is your most important resource for racing and to avoid dehydration. The lesson here is to drink in moderation, but by all means drink up.

Source: www.mayoclinic.com

Getting to the heart of the matter (Pt 1)

Exercise is not just about making your muscles look good. It's important to build endurance in your heart and lungs as well. This is where your heart is strong and is working efficiently; you don't feel tired as easily from minor exertion. In order to create a strong and healthy cardiovascular

system, it is a good idea to know your target heart rate.

Target heart rate refers to the recommended number of heartbeats per minute to ensure safety and effectiveness during a workout session. It's an important number because if your workout is so

strenuous that your heart is beating faster than it should, it could spell trouble. Look for our next issue about ways to measure your heart rate or if you just can't wait to know, go to the source listed here.

Source: The Facts.com (Mary Lee Stroler).

Why do they call it a mini 10K – Alex Davidson

Throughout the world, the term mini marathon tends to refer to a race with a distance of one tenth of a marathon (2.62 miles or 4.22K) Here in New York, it refers to a 10K race held in June. Where and why did the term originate? Is it true that women were required to wear mini skirts during the first race?

In June, 1972, the NYRR

started a race specifically for women at a time when many races excluded them. Since mini cars and mini skirts were in fashion at the time, the NYRR decided to call the race the New York "Mini marathon". 78 women ran the initial race, plus some playboy bunnies who jogged the first 50 meters for the publicity. Since then, the name of

the race has been changed to the mini 10K, and the race has become the oldest open road race for women.

Therefore, there is no truth to any rumors you might have heard that mini skirts were ever required to run this race. So go out and proudly participate in this race wearing whatever you want. (LOL). Source: NY Runner Mag. Summer 2006)

The More Marathon and Half Marathon 2007

Rose Jackman & Marian Spatz

When we arrived at the MORE Expo, Coach Lon Wilson was giving out information and Walker Bibs. The out-of-town Walkers and some of our local New Yorkers were thrilled to know that they would have support during the race, and more importantly they would be able to walk with a Walk Leader from the New York Walker's club (NYWC).

At the MORE Race, a tent shelter was set up by NYWC at Mile 1 on West 73 Street. It contained coffee, toasty hot apple cider (with cinnamon sticks donated by JoDell) boxes of doughnuts, that important "gel" to give that

extra pick-up and a multitudinous of sundries to allow our pacers do the job.

Marian Spatz's assignment, (besides attaching our New York Walkers Club banner on nearby branches), was to have the sun-dried items ready for distribution as our pacers passed by.

The New York Walkers Club Walk Leaders were for the Half Marathon were: Lisa Vellucci 2:24 hours, Stephanie Hronec, 3:00 hours, and JoDell Shields 3:15 hours.

For the full marathon Barbara Shimasaki, 6:25 hours and

Ellen O'Shaugnessy , 6 hours. There were many light moments along with positive comments were elicited from the runners and walkers. While the athletes passed by the tent Marian called out that the "landlord hadn't paid the rent, so no heat." This evoked many smiles as they headed north towards those tough and challenging hills.

The NYWC has the best walker leaders in New York, and we venture to say "in the world". Thanks Lisa, Stephanie, JoDell, Barbara Ellen and especially to you Lon for making the MORE Race a great success for our walkers.

A
Walker's
Perspective

Em's Black Bean Soup

1/3 cup (10 pieces) sun-dried tomatoes (not packed in oil)	1 tsp. (or less) Lite Salt
1 cup boiling water	2 cans (14 ½ oz. each) unsalted diced tomatoes
1 ½ cups finely chopped onion	2 cans (15 oz. each) black beans, undrained
3 cloves garlic, minced	¼ cup chopped fresh cilantro
¼ to ½ tsp. cayenne pepper or 1 tsp Tabasco sauce or to taste	Non-fat yogurt or non-fat sour cream, for garnish
1 Tbs. vegetable oil	
1 tsp. cumin	

In a small bowl, cover the sun-dried tomatoes with 1 cup boiling water and set aside. In a soup pot, sauté the onions, garlic, and cayenne in the oil for 5 minutes, stirring frequently until the onions are translucent. Add the cumin, Lite salt, tomatoes (including the liquid), and black beans. Bring to a boil; reduce the heat to low and cover. Simmer for 20 minutes, stir occasionally to prevent sticking. Drain and chop the softened sun-dried tomatoes. Add them to the soup and cook 10 minutes. Stir in the cilantro and remove the soup from the heat. Puree half of the soup in a blender or food processor and return to the pot. If the soup is too thick, add water. Heat the soup and serve with a dollop of yogurt or sour cream. Serves 8.

Per Serving (recipe made using drained and rinsed canned beans and no Lite or regular salt)

Calories 110	Sodium 250 mg
Total fat 2 grams	Cholesterol 0 mg
Saturated fat 0 grams	Carbohydrate 20 grams

Submitted by: **Nereida Munoz**

Recipes

HOW TO GET SOME OF THOSE 5 DAILY VEGGIES

RATATOUILLE

- 1 Small Eggplant
- 2 lbs. Tomatoes, chopped
- 2 tbs. Vegetable Oil (Canola)
- 1/4 tsp. Pepper
- 1 Clove Garlic, minced
(add more if you like)
- 1 tsp. Fresh Basil
- 1/2 cup chopped Onion
- 1 tbs. Olive Oil
- 1 Green Pepper
- 1 1/2 lbs. Zucchini

1. Peel and cut the eggplant into 1 inch slices. Place slices on a paper towel; sprinkle with salt. Cover with another paper towel and place a plate on tope. Let them stand for about 30 minutes to drain, then cut the eggplant slices into cubes.
2. Put the vegetable oil onto a casserole or skillet; sauté garlic and onion.
3. Chop the green pepper after removing the seeds. Peel the zucchini and cut into 1/2 inch slices. Combine the garlic and onion with layers of other vegetables ; add pepper and basil.
4. Drizzle olive oil over the vegetables; Bring the mixture to a boil; cover and reduce the heat. Simmer until the vegetables are just tender (about 25 to 30 minutes). During the cooking, stir occasionally and carefully so that each vegetable keeps its form. Serve hot or cold.

Enjoy!

(Note) For those of us who don't spend much time in front of the stove, this recipe can be eaten on various days; whether you store in refrig, or some in your freezer for those other lazy days when you just don't want to grab something fast.

Submitted by Marian Spatz (:J)

Recipes

CONTACT US

Meet us every
Saturday at 9:30 am.

Central Park
90th St. and 5th Ave



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To Join NYWC call
718 588 0441 or
Visit our webpage
www.nywalkersclub.org

**“A 5K a day will keep the
doctor away”**

Coach Lon Wilson

Founder's Message

Our club is about people - and their interest in the wholesome activities of Healthwalking and racewalking. Our camaraderie is infectious - workouts, the clinics, events and breaking bread with enthusiastic and interesting people. We're the club that introduced WALKING to New York! Since 1979, at our always free Central Park clinics and group workouts, we've taught thousands of New Yorkers a new skill - how to walk for exercise and for competition. All of our members pitch in and help the "newbies" move with grace and style. More and more research points to walking as THE best exercise for most people - something that I have been advocating for years. And for years, we've been the FIRST with the MOST. Let's share our walking experience with others. Bring friends and family. Duplicate NYWC information and help spread the wealth. The spring season is the start of good weather for training and for recruiting so how about getting out there and work for the club that works for you.

Good training. Coach Jake Jacobson

Come and join our Club to learn good walk techniques
make new friends, and have good health.