

THE NEW YORK WALKER

SUMMER 2008

VOLUME 3, ISSUE 2

NYC Half-Marathon: Three Men and a Lady

Many things can help you to complete a race: your training gear, good nutrition, plenty of sleep, but for me in the 2008 NYC Half Marathon, it was three men and a lady.

As I exited the 97th Street subway station at 5:30 a.m., I was disappointed to see the dark clouds, hear the sound of thunder, and feel the rain pouring down on my head. I had prepared for months to do this race except racing in the rain. I hid under a building scaffold praying for the rain to cease, talking to other athletes, and eating the last half of my bagel. Eventually the rain did stop and off I went to enter Central Park. Because of the delay of the rain, I only had a few minutes to prepare. First, the most important preparation for any athlete regardless of pace, age, experience, or gender, prior to starting a race is (you know it) to find the nearest porta-potty (well, some men don't need a porta-potty — lucky for them). By the time I got through that long line, there was no time for warming up and with over 10,000 athletes, there was little space for stretching.

I was just about to start feeling sad about all that was happening and suddenly Alex Davidson appeared from a corral in front of me.



Alex, as some of you might know, is a top racewalker. What you may not know is that Alex, likes to think of himself as an impersonator. He began to impersonate all kinds of

forget about the morning hassles.

This was my third NYC Half Marathon and like all of us who repeat races, I wanted to set a PR. With the wet course, humid weather, not to mention my failure to have a proper warm-up and stretch, instead of a PR at that moment I just did not want to be picked up. At 7:00 a.m. we are off, walking and running on wet pavement. I slowed my pace and lowered my head. It was a gloomy day. If you could see my face you would have seen that I was not having a good time. Suddenly I heard someone call my name. It was none other than one of the best walking coaches in New York, Barbara Shimasaki.



Barbara was riding her bike to support TNT. She encouraged me to “keep up the good work”. Hearing those words, I lifted my head and picked up my pace. Just as I was to head to Central Park South, I saw an unusually tall man walking by me.

It was Coach Dino Riojas.



Coach Dino has been my advisor and mentor throughout my half-marathon training. I yelled out at him “hey Coach Dino. How’s it going?” He

acknowledged me with a head nod and smile as though to signal “good job”. I was gratified and that helped me to pick up my speed. I looked for him again but he was out of my sight within seconds.

Leaving Central Park, there were many bands, cheering zones, and supporting spectators. I was glad for the music, but nothing compared to the support I received in this first part of the race from Alex, Barbara, and Dino. As I approached mile 11 my body began to tire. By now my club mates has surely passed the finish line and I was there alone and not motivated. I dropped my hands and began a slow stroll. As I am about to approach the 12th mile, I looked to my right and coming up strong was Bob Newhouser.



Bob was focused, walking in excellent form, and walked with a fast pace (even at the 12th mile). He inspired me to shake off my being tired and to step up my pace.

It was a difficult race for me, but all along the course, my club-mates had been an encouragement to me. I can now see the finish line. I took a deep breath, and raced to the finish line. So sometimes to finish a race does not just take good training, sometimes it takes three men and a lady.

Coach Rose Savage

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Re-discovering Racewalking



Cynthia Gordon with Coach Lon

It's been 10 years that I've come out with a group of racewalkers in Central Park. Back in 1998, I trained for and racewalked the New York City Marathon to raise funds for The Philippine Breast Cancer Network under Stella Cashman. Since then, I've engaged in various competitive sport activities like dragonboat (rowing), badminton, non-competitive leisure activities like spelunking (cave exploration), scuba diving, and tango! In the gym, my treadmill workout was replaced with the

elliptical and rowing machines. I only visited the parks to see outdoor concerts and or have a picnic with friends and co-workers.

Early this year, I decided that I will racewalk the marathon again and fundraise for a charitable institution. I chose CITY-MEALS FOR WHEELS. Once I was guaranteed entry and all paperwork has been completed, I realized that I needed to start training seriously. While surfing the Internet one evening, I came across the NEW YORK WALKERS CLUB (NYWC). I picked up the phone and called Lon Wilson. He was home! I introduced myself and explained to him my goals and project. He then spoke about the NYWC, the free clinics, and the coaches in the club.

He invited me to join his class and attend the free clinic on Saturdays. I just felt a kindness behind this man and the NYWC, and I was intrigued to meet Lon and the NYWC members.

It was a big challenge to get up early on a

Saturday morning to leave Forest Hills and head into the city, but I was not disappointed when I met Lon and the NYWC members. I felt welcomed and everyone was very nice. I was impressed by the turnout and how everyone is happy to be in the park to racewalk. It's great to be part of a club with coaches that provide you with helpful advice: from training the marathon to nutritional advice. And it's always a pleasure to racewalk with the members and discuss their latest sport activities....

All in all, I am re-discovering my passion for racewalking! I am again enjoying racewalking outdoors, the hills, and appreciating nature. NYWC have embraced me as a member and have empowered me to become an effective racewalker. Thanks to Coach Lon and the New York Walkers Club, my passion for racewalking has been ignited once again and the fire is going strong...for the marathon and beyond...

Cynthia Gordon

Walk or Run?

For over 30 years have been a long time runner and occasional racewalker. From 2004 through 2006 I became a full time racewalker. This allowed me to stay fit, compete, and rehabilitate a bad back and 2 bad knees. In 2007 I decided to run again. I wanted to train 6 to 7 days a week, but didn't want to break down. As a result, I've created a training regimen that has allowed me to remain fit, manage my weight, and manage the stress to my back and knees.

Over a 14 day period I do a combination of racewalking, running, strength and flexibility exercises. Utilizing the hard and easy method, my hard days would mimic the particular method that I plan to use in the race. For instance, if I racewalk the NYC Marathon my hard days would be racewalking and my easy days would be an easy 3 or 4 mile run.

However, this year I plan to run NYC. So next is a sample workout schedule:

Mon: Run 4 miles easy
 Tues: Run 6 miles hard incorporating fartlek or tempo
 Wed: Racewalk 4 miles moderate to hard
 Thu: Run 6 miles hard incorporating fartlek or tempo
 Fri: Rest or Racewalk 3 miles easy
 Sat: Run 12 to 20 miles easy
 Sun: Racewalk 3 miles easy
 Mon: Racewalk 4 to 6 miles hard
 Tues: Run 4 miles easy
 Wed: Racewalk 4 miles moderate
 Thu: Run 6 miles hard incorporating fartlek or tempo
 Fri: Rest or Racewalk 3 miles easy
 Sat: Run 8 to 12 miles moderate
 Sun: Racewalk 3 miles easy
 Every Day: Flexibility exercises
 Mon., Wed., Fri.: Full Body Strength Training



DJ in 1980 Hawaii Marathon

Remember that you must gradually build up to these distances and you should utilize this schedule as a flexible guide. Finally, remember that if you racewalk the marathon, you should reverse the schedule so that more time and greater intensity should be devoted to racewalking.

Good luck and enjoy the fruits of exercising that entire body!

Darwin Johnson

Who do I want to be as a walker?

This is the question I asked my self in November, 2007... and I asked it again the day I completed the Mayor's Midnight Sun Marathon in Anchorage, Alaska on June 21, 2008.

In early November of 2007, my 51st birthday was fast approaching and I was feeling the need to change up my work routine - to kick it up a notch. In talking about running with a colleague over then summer I had learned about the Nike+ system and was intrigued... loving all things Apple I thought I would consider a new approach. I bought new Nike+ sneakers in Hawaii while working there with a friend, and started a new regime. Not two weeks later I received a postcard in the mail from **Team in Training**, a fundraising component of the Leukemia & Lymphoma Society. They offered personalized fitness training with certified coaches, time to workout with a team, the challenge of choosing to walk or run a marathon, and the opportunity to donate my time for a great cause-the cure of blood cancers, I eagerly attended the information meeting in December, thinking that I would walk a half marathon (something I thought I could do rather easily)...

I was so inspired by the cause and encouraged by the coaches that I signed up to walk the whole marathon at that very first meeting. I got busy and started walking on my own as the official training didn't begin for several months. I was excited! TNT was a perfect match as it fit my desire to walk and my work and personal schedules, walking both alone (during the week) and with others (on the weekend). January through June were spent raising awareness, funds, and walking more and more each week. The unwavering encouragement from family, friends,



colleagues and even strangers was heartwarming! From a close friend walking the MORE marathon with me, to another hosting a fundraising party, and so many others making donations. I also talked with people in new and different ways, and found people sharing their stories with me... I knew that every morning when I went walking I was working out for a cause... though there is no question I gained from the experience too. It was wonderful!

The Mayor's Midnight Sun Marathon was great... a gray, rainy day with beautiful vistas... 18.6 miles of mountains, forests, lakes and the additional challenge of eight miles of dirt and gravel. It was a day well spent! As I sat at a marvelous bar that night celebrating with a glass of wine and musing on the experience, I asked myself, how will I kick it up a notch now... what's my next step?

I don't like running... and walking at my current pace - about 14.5 minutes/mile isn't good enough for me anymore. So I started to answer that

question when I got home and googled "racewalking." The New York Walkers Club popped up and I contact Lon. Well, I have been happy about my decision ever since! My last three Saturdays have been spent working out with Lon and the folks who attend the morning sessions in Central Park, and I love it! I am a little sad because I will need to leave the group for a while as I begin my volunteer work as a mentor for the walkers for the Leukemia & Lymphoma Society walking the Westchester half marathon in September. In just three weeks I know that I have started becoming a race-walker, learning from Lon and the friendly others in the group, reading Healthwalk to Fitness by Jake Jacobson, and pushing myself when walking in my neighborhood. I just signed up for the Nike Half Marathon in NYC on October 19th-and I am determined to better my time. Happily, I won't be walking on dirt and gravel in NYC!

And so, I have answered my own query! I want to be a walker that moves from a 14.5 minute/mile to, perhaps, a 13 minute mile... maybe more (or would that be less?!) I have a new vision of who I want to be as a walker...

Who do you want to be as a walker? I think it's connected to who you want to be as a person... what do you think?

Jill Greenbaum, EdD

Race Results

Race Name	Date	Dist	Name	Sex	BIB	OvPI	SexPI	AgePI	Time	Pace
Brooklyn Half Marathon	05/03/08	13.1								
			David Wolf	M48	6928	4601	2876	268	2:10:46	9:58
			Robert Newhouser	M53	8539	5762	3270	190	2:50:04	12:58
			Juanita Doke	F64	8516	5781	2504	15	2:54:07	13:17
Rikers Island 5K	05/03/08	3.1								
			Lorraine Braun	F57		205		14	0:52:47	16:59
Disney Women Run 15K	05/04/08	9.3								
			Rose Savage	F54	402	2216	2036	139	2:12:14	14:11
Flying Pig Marathon	05/04/08	26.2								
			Alexis Davidson	M52	1061	3245	2130	4	4:52:10	11:09
Mothers Day 10 Miler	05/11/08	10.0								
			Barbara Shimasaki	F54	8418	1321	1315	71	2:06:24	12:38
			Lorraine Braun	F57	8818	1351	1351	34	2:28:15	14:49
Mothers Day 4 Miler	05/11/08	4.0								
			Frank Stonitsch	M63	8266	2360	1329	28	0:40:24	10:06
			Nicholas Bdera	M59	7585	2918	1484	75	0:46:55	11:43
			Karen Bdera	F47	8773	3115	1587	93	0:52:53	13:13
Health Kidney 10K	05/17/08	6.2								
			Alexis Davidson	M52	4075	4666	2958	169	1:00:13	9:42
			Juanita Doke	F64	7921	6125	2728	34	1:18:34	12:40
			Rose Savage	F54	6234	6197	2778	108	1:24:56	13:41
Annual Al Saner 20K	05/18/08	12.4								
			Lisa Marie Vellucci	F29		1	1	1	1:51:07	8:57
AHA Wall Street Run	05/20/08	3.0								
			Frank Stonitsch	M63	3825	3398	2191	20	0:29:52	9:57
Albany National 10km Champ	05/31/08	6.2								
			Lisa Marie Vellucci	F29		11	4	3	55:04:00	8:51
Rock N Roll Marathon San Diego	06/01/08	26.2								
			Alexis Davidson	M52	14730	7170	4451	345	4:43:27	10:48
NYRR 50th Anniversary Run	06/04/08	5.0								
			Alexis Davidson	M52	3133	956	661	39	0:43:22	8:40
			Frank Stonitsch	M63	5573	1493	906	19	0:50:24	10:04
New York Mini 10K	06/07/08	6.2								
			Shirin Chan	F41	5069	3847	3847	436	1:22:46	13:20
			Maryann Harvey	F51	6196	3900	3900	196	1:25:54	13:51
			Rose Savage	F54	4491	3925	3925	198	1:27:14	14:04
			Alicia Brown	F40	6544	3976	3976	452	1:30:56	14:40
			Karen Bdera	F47	6030	3994	3994	304	1:32:40	14:56
			Lorraine Braun	F58	6058	4004	4004	120	1:33:00	15:00
FRNY Gay & Lesbian Pride Run	06/28/08	5.0								
			Alexis Davidson	M52	2100	2014	752	24	0:49:48	9:57
			Robert Newhouser	M53	5355	2937	1558	113	1:04:40	12:56
			Lorraine Braun	F58	5062	3064	1473	33	1:15:23	15:04

The Coaches Corner



MY 10 WALKING TIPS

1. Always stretch
2. Walk upright, straight and tall (good posture)
3. Take short rolling steps
4. Push off on the big toe
5. Look 15 to 20 meters ahead
6. Do not lean forward
7. Charge with the breast bone (sternum)
8. Drive arms at 85 to 90 degree angle
9. Pace is made with the drive of the elbows
10. Focus on technique over speed, speed will come in time

Coach Lon

PHOTO GALLERY

NY Walkers Club

Coach Jake Jacobson

*President & Founder
New York Walkers Club*

Coach Lon Wilson

Executive Director

Coach Rose Savage

Publisher & Chief Editor

Dennis Gawry

Assistant Editor

For more information call

718 588 0441 or visit our webpage

<http://www.nywalkersclub.org>

