

A Quarterly Publication of the New York Walkers Club

## A Club grows in Brooklyn: The New York Walkers Club Brooklyn Division

*"The only lifelong, reliable motivations are those that come from within, and one of the strongest of those is the joy and pride that grow from knowing that you've just done something as well as you can do it."*

L. Dobyms and C. Crawford-Mason

In May 2005, I was fortunate to find the New York Walkers Club (NYWC) while browsing the web. I first met Executive Director Coach Lon Wilson and Co-Director Dr. Richard Harper at the NYWC walking clinic in Central Park. I recall being nervous and unsure that I could keep up the pace, but with their patience and instruction, I learned so much and soon after, gained the confidence I needed to enter a marathon. While attending the clinics, I learned health walking techniques from Richard and Coach Wilson taught me how to increase my speed. A few months later Coach Wilson encouraged me to enroll in the NYC Half Marathon. He had much more confidence in me than I did in myself and I completed that half marathon in good time. Later that year, they along with other walkers, prepared me to complete my first marathon in Orlando, Florida in January 2006.

I always hoped that we could have a clinic in Brooklyn so that many Brooklyn residents could receive the same benefits that I did at the clinics in Central Park. In April 2007, I presented a proposal to Coach Wilson and he supported starting a Brooklyn Division of the New York Walkers Club. The clinics would be led by Alex Davidson and me. To teach this clinic I attended the USATF Coaching Education Program and I am taking cues from Alex, a veteran marathoner and Walking Coach for TNT.

The NYWC received an invitation from The Brooklyn Borough President's Office to lead a walk in Prospect Park in July 2007. Coach Wilson led the group in stretching and demonstrated the style of the health walker. Alex led the fast pace walkers, while Nerida Munoz and I walked with the slower pace walkers. A few weeks following that walk, we began the Brooklyn Division of the NYWC. The Brooklyn Division is growing through word of mouth and will soon receive advertisements in local newspapers. Several walkers in Brooklyn have joined us and friends are bringing more friends. In these few months, we have trained 10 people in health walking techniques and we are continuously growing. The Brooklyn Division of the New York Walker's Club meets every Thursday at 6:30 p.m.

Rose Savage Jackman

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# Starting to Walk

*“Health is one of the few things that I know of, that if you leave it alone it will go away.”*

*Coach Lon Wilson*

WEEK	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.	Total
1	10 minute	13 minute	15 minute	OFF or shop	17 minute	10 minute	OFF	65 minute
2	12 minute	10 minute	OFF or bike	17 minute	17 minute	15 minute	OFF	71 minute
3	15 minute	15 minute	17 minute	OFF or shop	17 minute	15 minute	OFF	79 minute
4	17 minute	18 minute	OFF or 1hr stroll	18 minute	17 minute	18 minute	OFF	88 minute
5	20 minute	17 minute	20 minute	OFF or a gym class	22 minute	15 minute	OFF	94 minute
6	22 minute	20 minute	OFF or a visit	22 minute	22 minute	2.0	OFF	106 minute
7	22 minute	22 minute	25 minute	OFF or shop	30 minute	22 minute	OFF	121 minute
8	25 minute	30 minute	OFF or mall	25 minute	30 minute	30 minute	OFF	140 minute

You have all heard it before--- walking is good for your health. It would be great if we could all start at the same line, but due to life and circumstances that is not the case. We can however get started and we can begin that by following an 8- week program.

The table above is a beginner Health Walk 8-Week Program. This 8- week program will give you a BASE of a 5K (3.1 miles).

Sundays off can be altered with Monday. It is recommended that you increase your distance no more than 10% a week.

Submitted by Coach Lon Wilson

# Marathon Training 3 days a Week: A Progress Report



By David Wolf

## F.I.R.S.T

The Furman

Institute of

Running and

Scientific

Training

Training for a long one? 40K...Marathon...50K? Trying to racewalk faster? A number of us have prepared for and completed long races and we all know the drill: 1) finding a training schedule; 2) grinding out the mileage "recommended" for any given day; 3) trying to steer clear from injury by stretching or throwing in some trail work-outs; and 4) attempting to avoid the abject boredom of cranking out 4-6 miles every day, not to mention the dreaded "long walk".

For a number of years, I tried to achieve goal #4 by doing a lot of my workouts surrounded by the gorgeous scenery of Westchester County's Rockefeller Preserve. Still, workouts were becoming a slog. I was suffering from the same over-use injuries (shin splints, calf sprains, etc.), and I was not getting any faster. I was in a rut.

Years ago, Richard Harper tried to turn me on to the "hard-easy" concept of every other day work-outs. He even came up with a 3-day per week work-out schedule for me. Far be it for me to listen to his sage advice. Years passed before I was ready to take the plunge. Enter the FIRST training program.

FIRST is the Furman Institute of Running and Scientific Training based at Furman University in Greenville, South Carolina. A few years ago, FIRST's founders demonstrated that they could train experienced middle-of-the-pack marathon runners and achieve significant improvements in finish times. Runners' maximal oxygen uptake and lactate threshold running speed also improved. This was on 3 days of running training per week, as well as 2 days of 40-45 minutes of cross-training. The only catch...workouts were a lot faster than most runners and racewalkers are used to. The good news...the 3-day per week training program allowed a lot of recovery time, and reduced the potential for injury.

I first learned of the FIRST program in the April 2005 *Runner's World*. FIRST also has a detailed web-site: <http://www.furman.edu/first>. The program features one day of speed work, one tempo walk, and one long walk. Speed work-outs are performed at speeds faster than the racewalker's typical pace for a 10K race. Tempo walks – with distances ranging from 3 to 10 miles – are performed a little slower than 10K pace. Long walks are performed about 1 minute/mile slower than 10K pace. No more lolly-gagging, listening to your iPod during your work-out! This program means business.

Continue on next page

As of this writing, I am now into week #9 of FIRST. It has been a summer of pleasant surprises.

Revelation #1. I discovered that once-per-week track work-outs can be challenging, but fun. Furthermore, it is very cool to buzz around the track, albeit for short distances, at sub 9-minute per mile times. [I recommend the North American Racewalk Foundation track calculator for those of you who are sufficiently compulsive to want to accurately convert your pace time for one lap into a pace time for a mile, depending upon on which lane you are doing your work-out].

Revelation #2. There is less total mileage than your typical training program. In my view, this means less potential for injury. For you fans of the long walk don't worry. There are still four 17-20 mile work-outs interspersed throughout the 16- week training cycle.

Revelation #3. I have time to participate in other activities that I love: e.g. swimming, bicycling, rowing, and spending time with my family!

Even if FIRST does not produce a long race PR for me this year, FIRST has helped to make long race training fun again.

#### The FIRST Training Plan

Week	Tuesday	Thursday	Saturday
	<b>Speed</b>	<b>Tempo</b>	<b>Long</b>
1	8 x 400 m	3 miles	10 miles
2	4 x 1200 m	5 miles	12 miles
3	6 x 800 m	7 miles	13 miles
4	3 x 1600 m	3 miles	10 miles
5	10 x 400 m	5 miles	14 miles
6	5 x 1200 m	5 miles	15 miles
7	7 x 800 m	8 miles	17 miles
8	3 x 1600 m	10 miles	13 miles
9	12 x 400 m	3 miles	18 miles
10	8 x 800 m	5 miles	15 miles
11	4 x 1600 m	8 miles	20 miles
12	12 x 400 m	5 miles	15 miles
13	6 x 1200 m	5 miles	20 miles
14	7 x 800 m	4 miles	15 miles
15	3 x 1600 m	8 miles	10 miles
16	30 minute easy with 5 x 60 sec	20 minute easy with 3-4 pick-ups	Marathon

#### The FIRST Paces

Long walk	10K pace + 60-75 seconds/mile
Long tempo (8-10 miles)	10K pace + 30-35 seconds/mile
Mid tempo (5-7 miles)	10K + 15-20 seconds/mile
Short tempo (3-4 miles)	10K pace
1600 m repeats	10K pace - 35-40 seconds/mile
1200 m repeats	10K - 40-45 seconds/mile
800 m repeats	10K - 45-50 seconds/mile
400 m repeats	10K - 55-60 seconds/mile



This race had 858 finishers and an official time limit of 5:45. However, slow runners and walkers were allowed to start an hour early with full support and the last finisher finished with a chip time of 7:12. Therefore, this race is doable for many people in the NYWC. It also had a simultaneous half marathon (1427 finishers), 10K (1021) and children's 5K (134).

The day started with a short walk from my hotel to the train station where we met up with the buses that would take us to the various start lines. The earliest bus was for the early marathon starters. All races have the same start time and same finish line, so marathoners get to run through the three smaller races' start lines that are pretty festive. The bus took us across the bridge to the southern shore and to a high school in the town of Lévis. The high school was open and we had real bathrooms, and we hung around the cafeteria where we had to look at next week's lunch menu with awe. (It looked like that of an expensive Manhattan bistro). I also met a couple of fellow 50 state club members who I would see several times on the course.

The first 10.5 kilometers were spent going round and round through beautiful neighborhoods in the city of Lévis. We then reached the southern shore of Fleuve Saint-Laurent and turned west. We could look across the river and see the beautiful skyline of Quebec and Cap Diamant. On the far horizon towards the west, we could see the Pont de Québec that we knew we would eventually reach and cross for the turnaround.

The next 13K was spent close to the shore with the river on our right and a couple of small hills. We then turned right and spent 3K approaching the Pont de Québec and slowly gained about 120 feet. With 16K to go, we turned north and got on the bridge where we would spend the next 4K. It crossed a small creek and then the river and then the road made a downhill u-turn under the bridge with 12K to go. On the bridge, we could see the Quebec skyline and the famous l'Hotel Frontenac which we knew was close to the 1K mark.

The last 12K was on the northern shore and pretty flat with the river on our right and a steep cliff to our left. The shore is just wide enough to accommodate the road we were on and a few houses. We passed next to the famous Plaines d'Abraham where les anglais defeated les canadiennes in 1760 around the 4K to go mark. At this point, we began to see landmarks that were familiar and we passed the Quebec-Lévis ferry and went by the cliff where l'Hotel Frontenac is. The last K was spent approaching the Gare du Palais (train station) where the finish line was.

There was a great finish line area with plenty of food left for the back of the pack. I had several yogurts, nuts, raisins, and plenty to drink. I got in line for the massage and got one after only 15 minutes of waiting. There is a large water fountain next to the Gare du Palais and many runners including me waded in and enjoyed the cold water on our legs.

Why should you do this race? The pros are that it's small and you get lots of attention. The course guide you receive at the expo tells you where the water stops are and what's available at each. There are 15 water, 14 gator aide, 2 gel, 3 sponge, and 2 fruits stops. Each stop has a banner which tells you what is available at the stop in case you forgot. There are enough volunteers to hand you your stuff, and there are plenty of people on the first 26K and last 12K cheering "Bravo, courriers" as you go by. The course is flat with three 60-foot and one 120-foot hills.

Cons are that it is a small marathon. There is no crowd support on the bridge, little entertainment, and you will spend most of the race in the company of few runners. If 2 million spectators and thousands of runners are important to you, stick with NYC. If you don't mind being alone and like to be treated as royalty, do this one. Plus it gives you a chance to practice votre français!

Submitted by: Alexis Davidson

## Q. Why Do My Toes Go Numb When Walking?

Question: My toes go numb when walking for 45 minutes. I don't have toe numbness when I go shopping for 45 minutes, so what could be the problem?

A. Toes go numb from reduced blood circulation or from nerve damage. If your toes go numb only during sustained walking, then first try to rule out the most obvious cause - your shoes are too tight or too short and that is restricting the circulation and making the toes go numb. Even if you think your shoes are big enough, your foot may be sliding forward in them with each step to cause this problem.

### Are Your Shoes Too Tight?

Your feet swell during sustained walking, as much as a full shoe size. Your walking shoes should be a size larger than your dress shoes, or even more. Your shoes also need a wide enough toe box to allow your foot to swell for width as well as length. If either the length of the shoe or the width is too small or too narrow, you may be cutting off blood flow to your toes or impinging on nerves.

### Lacing Your Shoes

Give your toes enough room in the toe box by lacing them so that the lacings at the toe end are loose to allow for expansion.

Use various lacing techniques so that you can tighten the fit at the ankle without tightening it at the toe. You want a tight lacing at the ankle so your foot stays in the heel of the shoe and does not slide forward with each step, cutting off toe circulation and traumatizing your toes. You can do this using a lace lock lacing trick, or by using two sets of laces per shoe - one for the toe end, one for the ankle end. ([Check out this link:](#)

<http://walking.about.com/cs/shoecare//aa120600b.htm> for photos of various lacing techniques.)

### Your Stride

Many walkers curl their toes under when they walk, which not only traumatizes the toes, but also doesn't let your foot flatten out as you roll through a step. Pay attention to what you are doing with your toes and try to relax them and let them flatten out with each step rather than holding them up or curling them under. Your foot should roll through the step, heel striking first, roll through, and push off with the toes.

### Medical Conditions Causing Numb Toes

Numb toes can be an important symptom even if it clears up with changes to your shoes and lacing. Discuss this with your doctor at your next check-up even if it goes away. If your toe numbness continues after making changes to your shoe fit and lacing, make an appointment for a check-up and discuss this with your doctor. Diabetic Neuropathy: If you have diabetes, discuss toe numbness with your doctor immediately.



Why do my toes go numb when walking was submitted by: Barbara Shimasaki

Source: Wendy Bumgardner,

Walk Editor, [About.com](#)

([About.com](#) Health Disease and Condition content is reviewed by our Medical Review Board)

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### Interesting Statistic

A 2006 study found that the average American walks about 900 miles a year.

Another study found that Americans drink an average of 22 gallons of beer a year.

That means, on average, Americans get about 41 miles per gallon.

Not Bad.

Submitted by: Gary Brynes

## **APPLE COBBLER**

8 CUPS PEELED, SLICED APPLES (ABOUT 3 LBS.)

3/4 CUP UNSWEETENED PINEAPPLE JUICE

1/2 CUP UNCOOKED OATMEAL

1/2 CUP RAISINS

1 TSP NUTMEG - OR LOTS OF CINNAMON

2 TBLS. HONEY

1 CUP GRAPENUTS CEREAL

Preheat oven to 350 degrees.\* Cover bottom of non-stick 8" square pan with uncooked oatmeal.

Mix together sliced apples, juice, raisins, spices and honey.

Cover oatmeal with mixture. Cover tightly with foil\* and bake 1 hr.

Remove foil and sprinkle cobbler with Grape nuts. Return to oven and bake 15 minutes.

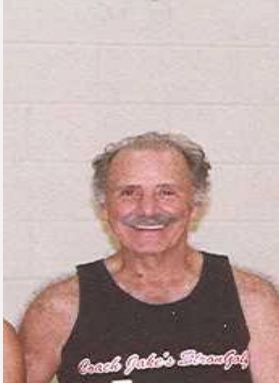
Serve warm or cold; (Makes 8 servings)

\*If you wish to make this in a microwave, please be reminded: Use a glass container. Do not use foil covering.

Cooking time is cut down. It usually takes about 15-20 minutes, but check to see how soft the apples are.

Submitted by: Marian Spatz

Source: National Heart Foundation



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718 588 0441 or

Visit our webpage  
[www.nywalkersclub.org](http://www.nywalkersclub.org)

"A 5K a day will keep the  
Doctor away"

Coach Lon Wilson



## Improving Your Odds

Just in case the medical research news about people's potential for leading healthier, longer lives has you thinking that perhaps there's some credence to the reports, I have some options for you to consider. You could (a) drop the idea and increase your risk; (b) start exercising more and lose weight; (c) convince a friend or family member to walk with you. Hopefully, you picked b and c. Welcome!

During any journey to fitness there are obstacles you may encounter. Or, coaches will provide you with road maps, cautions, and guidelines along the way. Only your resolve will get you around, over, or through the obstacles.

Granted, it may be a tough trip. But you know what they say about the tough when they get going. If you've been a couch potato, it'll mean getting up off your butt. However, when you do, I promise that your energy level will be up with it.

I also promise that you can eat real food, including desserts and snacks. The cautions will be with the quantity and fat content - eating the foods that you like (within reason). Sprouts and turnips don't turn me on either.

Only your resolve will get you past foods like chocolate fudge cake or fettuccine Alfredo - the heart attack on-a-plate. And only you can get you moving when it's so easy to hit the snooze button on the alarm clock.

A thinner, fitter you will decrease your downside risks and increase your longevity odds.

Goethe said, "Whatever you can do or dream you can - begin it. Boldness has genius, power and magic in it." Begin today!

**Coach Jake Jacobson**