

THE RACEWALKER

A Quarterly publication of The New York Walkers Club



Dr. David Wolf, Racewalker receives The Don Cherrin Memorial Award for Men's Fast Time from daughters Rita and Michelle Cherrin

Newsletter issues

- Posture: The core of the Body
- Philadelphia Marathon: The course
- Results of the 2006 New York City Marathon and the 96th Annual Coney Island Handicap Racewalk

"The sovereign invigorator of the body is exercise, and of all the exercises walking is the best."
Thomas Jefferson

The 96th Annual Coney Island Handicap Racewalk

On November 12th 2006 the New York Walkers Club hosted the oldest walking race in U.S.A. history, the annual Coney Island Handicap Racewalk.



Starting back in 1911 by Walkers Club of America, it was a 10 mile handicap event in the streets. Race Walkers would start at City Hall and finish on the board in Coney Island. This race would draw over a hundred walkers who would start off at their handicap times: slower walker starting first and faster walkers star last). Due to the increase in traffic in the 60s, the event was moved to the board walk only. A five Mile Development walk was also added.



Lisa Marie Vellucci
Overall Winner
Ten Mile Coney Island Racewalk

Among the participants this year was Elliot Denman (former Olympian Racewalker) who stated "we've been doing this (race) for half a century." Theodore Tomlinson from Long Island Walkers Club stated that this was his "10 racewalk in Coney Island". Doing the Coney Island race for the first time was Elyse Mallin, from Park Race Walkers. She stated "I love coming out to Coney Island and seeing the ocean. There is a whole different ambience than in Central Park."

This years 10 miler was won for the second time in a row by Lisa Marie Vellucci of the East Side Race Walk Team in 1:33:31. After adding 5 more minutes to Lisa's starting time she still won. Due to hard workout, she improved over last year performance of 1:39:10. This goes to show, that you "reap what you sow".



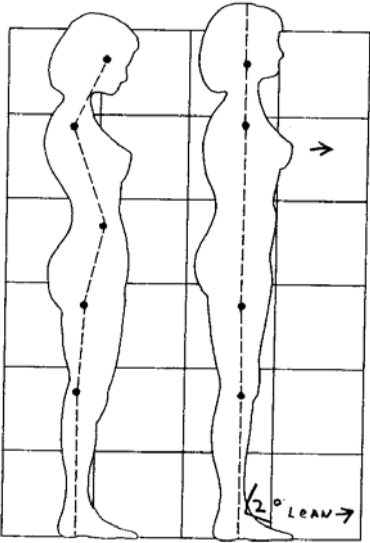
As always The Shore Front YMHA made our event a pleasure, and thanks to Jackie, my beautiful and dedicated wife who made the brunch plentiful and tasty.

Lon Wilson

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Standing Posture

Posture

Posture is the functional state of the core of the body. It is the most important part, yet more neglected variables in performance. Proper posture is a prerequisite to efficiency, performance, stability and elastic energy production. Posture can be considered in these two realms. **Postural Stability.** We constantly apply force during performance in order to receive reaction forces that create displacement. If the core of body is not stable, distortion and angular movements occurs. Forces must be applied from a stable base if they are to produce efficient displacements.

Postural Alignment. Alignment of the core of body, particularly the head and the pelvis, is equally important. Improper alignment of the head can impair function of the shoulders and arms, hinder balance, and prevent relaxation. Pelvic misalignment harms efficient function of the legs, and reduces elastic energy production.

Good postural alignment requires that pelvic is forward, shoulders relaxed and neck is upright.

Hamstring Stretches. Stand with your feet shoulder-width apart and extend the right foot in front of the left and parallel to it. Bend your left leg about halfway, and keep your right leg straight with the foot flexed. Flex your right foot as much as possible to achieve the maximum stretch in the back of your right thigh. Keep your weight centered between your feet. Place both hands on your left thigh for upper body support. Repeat with opposite leg.

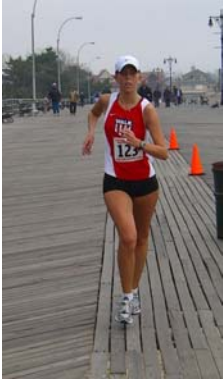


Submitted by Lon Wilson

Calf Stretches. Stand with your feet together and parallel. Step with one foot forward so that your feet are approximately one to two feet apart. Gently shift your weight onto your front leg, being sure to keep your back straight and your back toes directed forward. Keep both heels on the floor. You can rest your hands on your front leg for stability.



Coney Island Racewalkers



Lorraine Horgan
Top Female Winner
Five Mile Racewalker



Michael Kazmierczak, Sr
Top Male Winner
Five Mile Racewalker

Racewalkers represented several clubs across the New York area and put their best foot forward in the 96th Coney Island Racewalk.



Pat Motschwiller
Best Style



Stephanie Hronec and JoDell
Sheids finish the Ten mile
racewalk together

Philadelphia Marathon and Half Marathons. Alexis Davidson takes you through the course

About 8200 people started on Benjamin Franklin Boulevard at 8 am and we ran down through this country flag bedecked street and headed towards the downtown area where we would spend the first 2 flat miles. Eventually, we arrived at Columbus Boulevard, which parallels the Delaware River. At about four miles, we could look across to Camden and get a great view of the battleship New Jersey. Later, we saw the Old Swedes Church right before we got to Washington Ave where we turned back into town.

We walked through South Street and Chestnut Street area, which is Philadelphia's SOHO district. We passed Washington Square, which is more beautiful than the NYC version. Eventually we crossed the Schuylkill River around 7 miles and headed towards the University of Pennsylvania and Drexel University area. At 7.5 miles, we made a right, walked past the Drexel Frat Row and started 2.5 miles of hills. They were up, flat, up, flat and up and each was at least as challenging as Harlem Hill. As we climbed these hills, we became aware of the beautiful Philadelphia Zoo balloon, which would hover above us for the remainder of the race. When we finally crested the last hill near the 10 mile mark, we had arrived at Fairmont Park, a beautiful stately park full of museums, zoos and gardens.

The half marathoners split off from us and took a short cut through the park. The mile markers were a bit confusing because they did not clearly state whether they were meant for the full or half marathons, so we had to be aware of our lap times. Eventually, we headed out of the park and along the West River Drive, which parallels the Schuylkill, and headed back to the Museum, where we crossed the river. The half marathoners stopped and we kept going on a 12 mile out and back along Kelly Drive and the Schuylkill River. This was one gentle rolling hill after another with few spectators to cheer us on. At the 18 mile mark, we walked down a steep onramp and into the little village of Manayunk.

At 22 miles, we walked up a steep off ramp and back onto Kelly Drive. This is where a lot of runners and walkers lose their race. Here is where I saw the sweeper coming at me. That's right, sweeper! A Philadelphia street sweeping truck follows the marathon on Kelly Drive at a 5:30 pace and re-opens the streets. Subtle! Once back on Kelly Drive, it was just a matter of enduring the last four miles of rolling hills and finishing. When I finished, I really enjoyed the comforts of the American Express (a major sponsor) VIP tent with hot soup, great food and a place to sit down and change clothing. This year, anyone who paid with their Amex got the VIP treatment. Sure beat the NYCM post-race experience!

6178 people finished the marathon with 290 finishing between 5:30 and 7:30. 1952 half marathoners finished with the slowest coming in at 5:40.

Pros: It's close to NYC, flat for the first 7.5 miles, does not have a difficult registration process and has just the right amount of water and gatorade on the course. The water stops were well manned and the runner density was low enough that the volunteers could hand the water to you. They seem to keep the finish line open well beyond their 5:30 limit, with the last person coming in at 9:33. For half marathoners, it's a great race because it has no effective time limit. The half marathon may become very popular in the future, as this was its first year.

Cons: It's not as flat as its reputation. The hills at 7.5 and 22 are as challenging as anything on the NYC course, and there are lots of rolling hills. It has a 5:30 time limit. After that, the city encourages you to leave the Kelly Drive pavement and go onto the sidewalk. Quite frankly, I don't think this is much of a problem. Either way, Kelly Drive has beautiful scenery and few spectators until you get to Manayunk. SEPTA (public transportation) does not offer great service on Sunday mornings, so you really should stay close to the start line or count on walking or a taxi.

My net time was 4:42:36 and was my second fastest ever.

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THE NEW YORK CITY MARATHON RESULTS 2006 submitted Dennis J Gawrys

NAME	SEX/AGE	BIB	OVPL	SEXPL	AGEPL	FINISH TIME	NET TIME	PACE
Alexis Davidson	M51	38313	27208	19822	2074	4:50:14	4:50:14	11:04
Rasheeda Mohammed	F27	F1226	29095	8169	1972	4:57:51	4:57:51	11:22
Bruce Logan	M41	31143	29136	20951	4225	4:58:01	4:58:01	11:22
Carl Morrishow	M50	26997	31117	22064	2385	5:09:29	5:09:29	11:48
Barbara Shimasaki	F52	45215	34794	10717	727	5:40:44	5:40:44	13:00
Elliott Denman	M72	34152	35759	24582	67	5:54:54	5:54:54	13:32
Nicholas Bdera	M58	46317	37389	25323	1601	6:54:21	6:54:21	15:48
Karen Bdera	F45	46226	37390	12067	1450	6:54:21	6:54:21	15:48
Hiroko Martin	F67	39144	37440	12090	46	6:57:43	6:57:43	15:56
Betty Halpern	F63	47232	37680	12225	188	7:27:00	7:27:00	17:03

**96th Coney Island Boardwalk Race Results
Nov. 12 2006 60 degrees**

10 Mile Handicap Race		
Women		
1. Lisa Marie Vellucci	1:33:31	Overall Winner 2nd Year 1:39:10 (2005)
2. Pat Motschwiller	1:48:45	1st 40+ and Best Style Award
3. Maria Paul	1:50:18	
4. Stephanie Hronec	2:15:24	1st 50+
5. Jodell Shields	2:15:24	1st 60+
Men		
1. David Wolf	1:34:18	1st Male and Fast Time
2. Alexis Davidson	1:40:25	1st 50+
3. Howard Burkhart	1:57:13	1st 60+
4. Elliott Denman	2:12:30	1st 70+
5. Theodore Tomlinson	2:19:55	2nd 70+
Dnf Leo Romero DQ. Mark Marpet		
5 mile Development		
Women.		
1. Lorraine Horgan	44:39	
2. Elyse Mallin	54:58	1st 40+
3. Maria ferraro	56:58	
4. Barbara Shimasaki	1:01:53	
5. Donna Ehrenberg	1:02:36	1st 60+
6. Daisy Rodriguez	1:08:41	
7. Myrna Livan	1:09:34	
Men		
1. Michael Kazmierczak Sr	53:36	
2. Sherwin Wilk	54:36	1st 60+
3. Gary Brynes	55:14	1st 40+
4. Lynn Levy	1:00:39	
5. Frank Motschwiller	1:00:54	
6. Dennis Gawrys	1:29:18	
Judges Stella Cashman - Chief , Bruce Mac Donald , Lon Wilson , Jim Mc Grath		

Join The New York Walkers Club

Saturdays - 9:30 a.m.

Central Park

East 90th Street and Fifth Avenue

HAVE A HAPPY HOLIDAY SEASON



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