

THE NEW YORK WALKER

HOLIDAY EDITION

DECEMBER 2008

26.2 Miles for CITYMEALS



for me in the marathon.

My coach, Lon Wilson of the New York Walkers Club, was in the Bronx to meet me and pass along the famous massaging stick so I could work on my cramping leg muscles! He also gave me a banana – what a delightful treat after gulping down a ton of Gu gels for the last 6 hours!

Miracles, no matter how small are dearly appreciated! When I reach Mile 22, I realized that I ran out of my sports drink! I was ready to run into a deli to get a bottle, but lo and behold, a table with leftover Gatorade appeared! The New York Road Runners hasn't packed this one yet! What a relief! Even though I was closing to the finish line, I still had to keep hydrating and consume energy gels to continue to remain focused and maintain energy.

Past 110th Street on Fifth Avenue, there were a few folks standing out in the cold and cheering us on. I thanked them for coming and standing out in the cold.

A lady who was handing out candy said, "...those guys who finished in 2 hours are wimps! You guys are the tough bunch of the group!" She was clearly referring that we have been out on the course for over 6-1/2 hours and that we were still standing and determined to complete our task! She was really sweet and kind.

(continued on page 2)



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It took 7 hours and 38 minutes to finish the New York City Marathon last November 2 which ran from Staten Island and passed thru Brooklyn, Queens, Bronx and Manhattan.

As runners and walkers passed me by at the start, I had to tell myself that it's ok because I want to remain strong and be able to make it to the finish line. Because of recent foot injuries, I had to let go of notions of breaking my previous marathon record time(s). As I continued along the marathon route, re-focusing my mind and energy to more pleasant thoughts, I started to enjoy the whole experience!

Bands were playing music by the roadside, crowds were cheering, kids were out offering high fives to the runners and walkers -- everyone was having a grand time! I wore a MARFORI patch on my vest and a PHILIPPINE FLAG patch on my cap. It was very entertaining to hear the various accents cheering "GO MARFORI!" and "GO PHILIPPINES!" This is New York! The beauty of every cultures

present to cheer on the marathon participants!

In Brooklyn, a couple in scrubs, who looked like they just finished their shift at a nearby hospital, cheered me on.

In Queens, my dear friend Thea was waiting for me at mile 13, carrying a backpack containing stuff that I might need.

In Manhattan, Mile 16, my aching feet were already screaming out of their wits and my mind started to play games with me.

Friends Un Jung, Piali, Thea, Rina and Marc, my "Manhattan Crew" were out on the course (Mile 18), walked with me, replenished my supply and was texting Manila on my progress.

Oh yes, Manila! My sister, Chikie Cruz headed my network of Prayer Warriors. Prayer Warriors or prayer brigade is a term Filipinos use referring to a group of family and friends praying for a friend / love one for a specific request. In this case, I asked my family and friends to pray

50 Days and 165.3 Miles



09/14/08 Sun Queen's Half Marathon
2:21:05 in high heat and humidity

09/21/08 Sun MAC 25K
Championship 2:40:07 4th overall,
MAC Male Champion

09/28/08 Sun Berlin Marathon
4:42:36 Tied for 3/4th fastest personal
time

10/11/08 Sat Baltimore Marathon
4:48:37

10/12/08 Sun Staten Island Half
Marathon 2:19:41 Completion of first
Reverse Goofy

10/19/08 Sun Des Moines Marathon
4:47:34 First negative split and first
back to back

10/26/08 Sun USATF 30K
Championship 3:09:28 6th overall, 5th
US, 3rd master, USA 50-54 Champion

11/02/08 Sun NYC Marathon 4:44:01
Personal course record

I've just finished a grueling 8 Sundays
period where I raced 8 long distance
races in order to see how my times
would suffer. Amazingly, they did
not, as all four marathons were under
4:50, which is a good time for me, and
2 were under 4:45 which is an
excellent time. Furthermore, I felt
incredibly strong during the final 10K
of the last two marathons and passed
many joggers. According to one very
controversial marathon training theory
which is supported by the 50 states

people, it is possible to do many
marathons in a small time period and
simultaneously get great times while
doing so.

I'm going to have to continue this type
of schedule in September/October for
the next six years because many of the
marathons I have chosen for my
remaining 32 states occur in
September and October, and I
continue to want to do NYCM
because of it's low all-in cost. I'm glad
that I seem to be able to withstand
this schedule. I really don't know if I
got a "lucky" long distance gene or if
it's the 40-50 miles a week that I do.
Or maybe racewalkers just recover
quickly.

Now, for a relatively easy two months.
My next is Seattle in four weeks and
Huntsville in six. That plus two of the
Stella 5Ks. Hope to see all of you
during the Saturday morning clinics
more often. Cheers.....

Alexis Davidson

26.2 Miles for CITYMEALS (continued from page 1)

Every part of my body is clearly complaining! Lactic build-up has already set-in and I was feeling very cold at this time. But before I could continue this conversation with myself, I saw the Park entrance at 90th Street!

"Mile 23 is here! Yes! I love this area! This is where I meet up with the New York Walkers Club every Saturday mornings! This is where I have trained! This is where I have raced! This is my territory!"

I felt an amazing surge of energy. I started to pick up my pace. As if a switch was turned on and the feet started to move faster and my arms started pumping harder! To my surprise, all the aches and pains disappeared! It was such an exhilarating feeling!

As I passed other walkers, you can sense

their surprise wondering where I was getting the energy boost, but still they managed to shout,

"You go girl!" And off I go!

I re-entered the Park and after Mile 26, it was just the 0.2 distance to go. At this point it became very surreal. My gaze was transfixed at the finish line. I could hear the loud music and cheers but couldn't feel my body anymore. I was flying!

As I crossed the finish line, I started to cry. They were tears of joy! I received my medal and the volunteers started to cover me with aluminum blankets to keep me warm. My dear friends were there to greet me! What a joyous moment!

What does it take to racewalk a marathon?

"A heart pounding dedication" is what's written on our official marathon tech shirts.

Endurance, determination, perseverance are all major factors but I add, **PRAYER** to this list. **Ad Majorem Dei Gloriam (To the greater glory of God)!**

There's a higher power than my own which gave me energy all throughout the route but most especially for the last 8 miles. I had doubts but trusted God. I give thanks to everyone who made it all possible to raise over \$4200 for City-meals and knowing that this will help provide proper nutrition to the home-bound elderly New Yorkers.

I thank Coach Lon Wilson and the New York Walkers Club for the inspiration to keep on racewalking!

Cynthia Gordon

From the Land of Microsoft, Starbucks and Perennial Mist



While others were feasting on turkey and stuffing, Alexis and I jetted out of JFK on Thanksgiving Day from the right to the left coast of the U.S. to see friends and participate in the 39th Seattle Marathon on Sunday November 30th.

This Marathon features four separate races—a Marathon run (Alexis), a Marathon walk, a Half-Marathon run (me) and a Half Marathon walk, one to fit everyone's ability and stamina. Good thing, as this is one of the most challenging courses around, either for a Marathoner. Walks were unjudged with no awards division.

In all, there were 2,135 Marathon Run finishers and 269 Marathon Walk finishers; 7,272 Half-Marathon Run finishers and 178 Half-Marathon Walk finishers, in all, a total of 9,854 finishers. The official time limit was 7 hours, with the last finisher coming in at about 8:20.

The organizers rate the course as starting at 100 ft., dipping at the low to 40 ft. and topping out at 200 ft., but with a gross change in elevation of up to 600 ft. along either the Marathon or Half-Marathon route.

The course is probably one of the continent's most beautiful and varied courses, which helps one get through the many challenging and unrelenting rolling hills. The race starts right next to the iconic Space Needle, built for the 1962 World's Fair and Frank Gehry's colorful and controversial "Experience Music Project building (2000) below, one of the two museums of popular music in the country (the other being the Rock 'n Roll Hall of Fame in Cleveland).



The race then continues down Seattle's glittering Fifth Avenue, with both the famous monorail and the city's finest shops and stores. Going on, through Miles 2 through 4.5 took all racers through Seattle's International District (Chinatown) and ramping up to the I-90 Express lanes and mile long tunnel.

The marathoners (including Alexis) continued miles 5 through 18 over one of Seattle's famous low-slung floating bridges to Mercer Island and back and then to scenic Seward Park astride the scenic Lake Washington shoreline.

From miles 18 to 26.2 (and Half Marathon 5 to 13.1) all racers followed the same course.

For Half Marathon miles 5 through 7 we savored multi-million dollar homes perched atop hills overlooking Lake Washington.



Miles 8 through 10 pulled us into the lush and dense Washington Park Arboretum and Interlaken Parks (see below) until we all enjoyed a bird's eye view high above Lake Union, a lake smack in the middle of this city of 580,000 and metro area of 3.3 million.



Miles 11 through 13 took us through the emerging and edgy South Lake Union residential and commercial development, financed partly by Microsoft co-founder Paul Allen. When we all thought we were finished with all hills, in the last mile before trudging into Key Arena, all the racers were blessed (or cursed?) with one final giant road underpass and painful uphill.

This Marathon is very challenging and scenic, in a beautiful and friendly city, one not to miss!

Bob Newhouser

THE 98TH ANNUAL CONEY ISLAND RACEWALK SUNDAY, NOVEMBER 16, 2008

Brrr! *Bleep*, it's windy...Brrr it's cold...Brrr! Why can't we be inside? Brrr!

Well, it turned out that the Jewish "Y" was booked and we were not able to get the room we normally get every year for the Coney Island Racewalk, which I have attended—on and off since 1995.

However, Lon Wilson and his lovely wife, Jackie, did not forget the Lox, bagels and cream cheese along with the other sides of goodies! Hot boiling water for the tea and hot chocolate, pastries and Lon's tent and paraphernalia that is needed to put together a race were provided.

After registering and getting our tee-shirts, finding out the handicap times...and the race is off! BRRR!

-We set up our table for the walkers' water, paper cups and special watered drinks the racewalkers prefer. Lynn Levy and I are not too far from the finish line, and as the walkers are nearing we offer them their water. Brrr! I wished I had put on extra long johns—Brrr! At one point the wind blew away the sleeve of paper cups away and I tried to run after them...but my foot slipped and I crashed down on hands, belly and knees! What a crash for me that was, but all I could do was to laugh. Barbra, Stella and Marion came to my aid, but saw that I was okay and they went on back to the race. Luckily, nothing other than my knee was a bit sore—I didn't feel that till the next day.

Brrr! The race is on and passersby ask what we are doing, how long, how often, how they wish they could do it, they imitate how some of the walkers move, they ask how could they join and some just smiled. Though it was windy and cold we did have sun mostly during the time we were there, at least we did have the sun...Brrr.

Along the boardwalk there are gazebos-like which have seats and tables and of course an overhead covering; there you can relax and take in the sites and that is where the tent, food, the race walkers' times and awards were given.

After the award ceremony we walked over to the other side of the boardwalk and sat on the stairwell for more pictures. We had guest speakers and our friends and families were there and we took group pictures of us. We all thanked Jackie for the banquet of food and Lon for his dedication to us. There were other guests who spoke and to keep "racewalking alive".

In two-years we will have our 100th year for racewalking and I am sure this will be a great gala. Perhaps we can get a large banquet hall and celebrate our 100th-Year!!

Nereida Munoz

Race Results

Race Name	Date	Dist	Name	Sex	BIB	OvPI	SexPI	AgePI	Time	Pace
Self Transcendance Marathon	08/22/08	26.2								
			Frank Stonitsch	M63	464	256		4	5:00:05	11:26
USATF/Metro 3K Championship	08/24/08	1.9								
			Alexis Davidson	M52	404	3	3	1	0:17:21	9:18
			Myrian Rangon	F40	422	8	3	1	0:18:40	10:01
			Robert Newhouser	M53	423	24	16	3	0:23:44	12:44
			Shirin Chan	F41	402	26	10	2	0:24:18	13:02
Fitness Games 4 Mile	09/06/08	4.0								
			Rose Savage	F54	44495	1804	1798	66	0:53:57	13:29
			Lorraine Braun	F58	4023	1847	1839	57	0:58:56	14:44
Queens Half Marathon	09/14/08	13.1								
			Alexis Davidson	M52	3108	2352	1558	110	2:21:05	10:46
			Frank Stonitsch	M63	5441	2380	1574	35	2:22:10	10:51
			Myrian Rangon	F40	3608	2554	889	76	2:27:36	11:16
			Barbara Shimasaki	F54	6359	2940	1097	34	2:48:47	12:53
			Robert Newhouser	M53	6289	2990	1858	138	2:53:51	13:16
			Juanita Doke	F64	6087	3017	1148	13	2:58:22	13:36
Fifth Ave Mile	09/21/08	1.0								
			Rose Savage	F54	2730	3079	1308	52	0:10:53	10:53
USATF/Metro 25K Championship	09/21/08	15.5								
			Lisa Marie Vellucci	F29		2	1	1	2:33:36	9:53
			Alexis Davidson	M52		4	3	1	2:40:07	10:18
			Myrian Rangon	F40		9	2	1	2:55:32	11:18
			Robert Newhouser	M53		12	9	2	3:28:44	13:26
			Cynthia Gordon	F46		15	4	1	3:53:06	15:00
USATF/Metro 25K Champs opt 10K	09/21/08	6.2								
			Dino Riojas	M54		11	8	2	1:12:48	11:43
Berlin Marathon	09/28/08	26.2								
			Alexis Davidson	M53	7577	28963	23980	2749	4:42:36	10:46
Gretes Great Gallop	10/04/08	13.1								
			Maryann Harvey	F51	8212	3842	1814	80	2:55:49	13:25
			Lorraine Braun	F58	8047	3881	1845	31	3:34:01	16:20
Baltimore Marathon	10/11/08	26.2								
			Alexis Davidson	M53	849	2115	1541	119	4:48:37	11:00
Staten Island Half	10/12/08	13.1								
			Alexis Davidson	M53	3100	3014	1959	123	2:19:41	10:39
			Myrian Rangon	F40	2367	3293	1221	99	2:30:02	11:27
			Dino Riojas	M54	4406	3370	2106	140	2:34:04	11:45
			Robert Newhouser	M53	6330	3578	2185	149	2:53:26	13:14
			Lorraine Braun	F57	8818	1351	1351	34	2:28:15	14:49

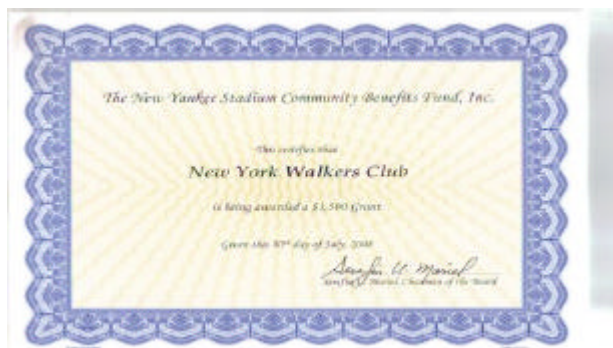
Race Results

Race Name	Date	Dist	Name	Sex	BIB	OvPI	SexPI	AgePI	Time	Pace
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
Des Moines Marathon	10/19/08	26.2								
			Alexis Davidson	M53	1780	948	654	52	4:47:34	10:59
Poland Spring Marathon Kickoff	10/26/08	5.0								
			Lon Wilson	M61	9642	5562	2955	69	0:53:43	10:44
			Shirin Chan	F42	8085	6281	3127	301	1:05:26	13:05
USATF 30K Racewalk Championship	10/26/08	18.6								
			Alexis Davidson	M53	86	6	6	1	3:09:28	10:09
New York City Marathon	11/02/08	26.2								
			Alexis Davidson	M53	40256	25983	18742	2095	4:44:01	10:50
			Myrian Rangon	F41	12073	28636	8376	1524	4:54:42	11:15
			Marlene Galarza	F48	52481	36956	12359	1533	6:37:24	15:10
			Rose Savage	F54	54058	37160	12476	983	6:47:52	15:34
			Shirin Chan	F42	53554	37373	12589	2197	7:01:30	16:05
			Cynthia Gordon	F46	53418	37634	12738	1592	7:38:10	17:29
			Lorraine Braun	F58	54382	37711	12774	439	8:06:51	18:34
Coney Island Racewalks 10 Mile Handicap	11/16/08	10.0								
			Lisa Marie Vellucci			2	2	1	1:38:49	9:53
			Alexis Davidson			4	2	1	1:40:33	10:03
			Frank Stonitsch			6	3	2	1:47:05	10:43
			Myrian Rangon			9	4	1	1:55:20	11:32
			Robert Newhouser			11	7		2:17:16	13:44
Coney Island Racewalks 5 Mile	11/16/08	5.0								
			Gary Brynes			1	1	1	0:55:53	11:11
			Sherwin Wilk			3	3	1	0:55:56	11:11
			Dino Riojas			4	4	2	0:56:44	11:21
			Connie Kaendler			5	1	1	1:04:20	12:52
			Jodell Shields			6	2	1	1:05:58	13:12
			Sandy Grobman			7	5		1:06:49	13:22
			Linda Myles			8	3		1:07:26	13:29
			Karen Oser			9	4		1:07:28	13:30
			Pauline Horry			10	5		1:07:36	13:31
			Rose Grobman			11	6		1:08:09	13:38
			Christiane Gillette			12	7		1:08:57	13:47
			Joyce Edwards			14	8		1:11:13	14:15
			Mercedes Harper			15	9		1:11:53	14:23
			Stephanie Hronec			17	11	late	1:19:12	15:50
Race to Deliver	11/16/08	4.0								
			Shirin Chan	F42	6084	5373	2780	266	0:47:55	11:58
			Rose Savage	F54	5614	5536	2911	96	0:50:49	12:42

Race Results

Race Name	Date	Dist	Name	Sex	BIB	OvPI	SexPI	AgePI	Time	Pace
Annual Gran Prix 5K Racewalk#1	11/23/08	3.1								
			Alexis Davidson	M53	196	6	5	1	0:29:25	9:28
			Dino Riojas	M54	238	18	8	4	0:35:08	11:18
			Robert Newhouser	M53	209	29	14	5	0:41:35	13:23
			Pauline Horry	F52	202	30	16	6	0:42:00	13:31
			Cynthia Gordon	F46	200	31	17	3	0:42:12	13:35
			Jill Greenbaum	F52	294	32	18	7	0:43:12	13:54
			Joyce Edwards	F49	198	33	19	4	0:43:23	13:58
Seattle Half Marathon	11/30/08	13.1								
			Robert Newhouser	M53			2969	214	3:05:21	14:08
Seattle Marathon	11/30/08	26.2								
			Alexis Davidson	M53		1652	1114	95	4:50:10	11:04
Annual Gran Prix 5K Racewalk#2	12/07/08	3.1								
			Alexis Davidson	M53	196	7	5	1	0:29:28	9:29
			Robert Newhouser	M53	209	24	11	3	0:41:30	13:21
			Pauline Horry	F52	202	25	13	6	0:42:39	13:44
			Joyce Edwards	F49	198	28	15	2	0:43:35	14:02
			Hanna Loftin	F58	374	29	16	3	0:44:27	14:18
Joe Kleinerman 10K	12/07/08	6.2								
			Alicia Brown	F40	7840	4288	1967	201	1:27:17	14:04
Holiday 4 Miler	12/13/08	4.0								
			Shirin Chan	F42	6098	4670	2569	215	0:52:47	13:11
			Alicia Brown	F40	6932	4730	2615	217	0:55:32	13:53
			Lorraine Braun	F58	7058	4771	2635	43	0:57:42	14:25
Rocket City Marathon	12/13/08	26.2								
			Alexis Davidson	M53	982	938		89	4:54:19	11:13
Annual Gran Prix 5K Racewalk#3	12/14/08	3.1								
			Alexis Davidson	M53	196	8	5	1	0:29:50	9:36
			Dino Riojas	M54	238	18	9	4	0:34:59	11:16
			Robert Newhouser	M53	209	27	15	5	0:41:13	13:16
			Pauline Horry	F52	202	29	14	5	0:42:02	13:32
			Joyce Edwards	F49	198	32	17	2	0:43:35	14:02

Coach's Corner



New Yankee Stadium Grant Goes to NYWC

On July 30th, the NYWC received a \$1500.00 grant from The New Yankee Stadium Community Benefits Fund. The New Yankee Stadium Benefits Fund is a grant making foundation, which will give grants for the purpose of improving the quality of life in the Bronx by addressing civic, socioeconomic and or educational needs and providing social arts, health, cultural, and **recreational opportunities**. This was the first wave of grants to be given to the community.

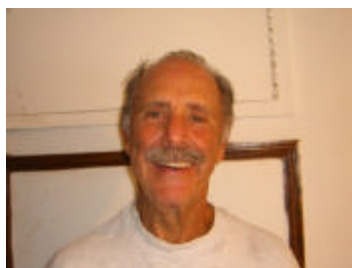
The grant ceremony was held at Hostos Community College. Welcoming remarks and invocation was Bishop Ronald L. Bailey. Grants were presented by Serafin U. Mariel / Chairman.

TNYSCBF will be giving grants totaling \$800,000.00 a year for the next 40 years. Grant money for 2008 was used to purchase a A.E.D., a water and Gatorade cooler.

Some of the grant recipients were Bronx Council Boy Scouts off America, Bronx CUNY Scholarship Fund, Bronx Dance Theater, Caraballo Youth Baseball League, NYC Police Dept. 41st Precinct, Explorers Program, The Point CDC, Jackson Ave. Block Association, Hope of Israel Senior Citizen Center and Highbridge Community Life Center. We, the members of NYWC are honored to be part and among these great non for profit organizaions, which aim is to improve the quality of life in the community.

Coach Lon

Founder's Message—Turning Over a New Leaf



It seems as if the summer has passed by so Quickly. It's Fall already. Fall is apple season. Fall is football season.

Fall is cross-country season. The leaves have turned colors and the outdoor scenes can be glorious. Central Park is usually spectacular at this time. It is no longer "too hot to work out". Can't use that excuse. The air is fresh, crisp and invigorating. The group of NYWC members that I met at the September 12th clinic workout are a very dedicated group and "no excused" from them. They train whatever the conditions.

But I ask the question—how many times DURING the week do you work out? Is your HEART really into it?

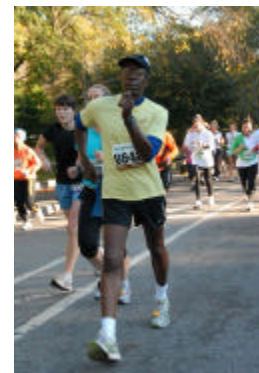
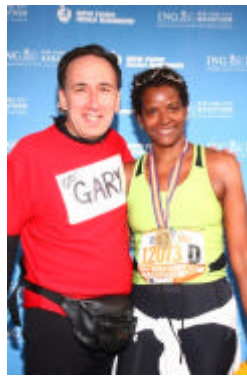
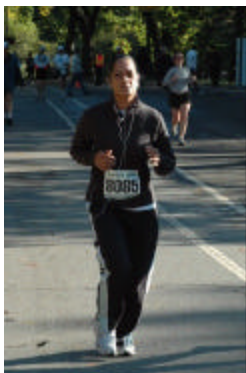
A recent study indicates that even easy

strolls a week can reduce your risk of heart disease. Dr. I-Min Lee, an epidemiologist at Harvard Medical School quizzed nearly 40,000 women age 45 or older about their workout habits and found that most of them were downright inactive. But after tracking the women for five years, Lee discovered that little had gone a long way.

Those who walked for exercise, she found that tortoises earned the same risk reductions as hares. Speed, it turns out, was not as important as the amount of time spent walking.

Coach Jake

PHOTO GALLERY



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