

THE NEW YORK WALKER

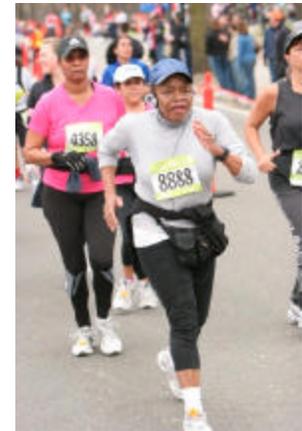
SPRING 2008

VOLUME 3, ISSUE 1

MORE Marathon



and they had over 9 people this year. Donna, a schoolteacher, told me that they would have never finished last year if it hadn't been for me pushing and cajoling them into staying in the race and finishing. They had been training and were well prepared this year and brought a l o n g s o m e newcomers.



This year's MORE Marathon was even better than the last. We had many of our New York Walker's Club participate in many ways. Of course, Lon Wilson, our coach and mentor was the spearhead of our involvement. Just being around Lon, either at the Expo, or the Tavern on the Green pasta dinner or at the Marathon itself, you could feel the warmth and affection of the participants towards Lon. He did a fantastic warm-up of the walkers, including his famous "Stop, in the name of love..."

We were given our blue and white balloons as pacers – I happened to be the 15 minute pacer. I was thrilled to see that the group I led last year of 6 women found me

The More Marathon for women over 40 is just an inspiring event. To see women so strong and eager to share their expertise and experience with one another is wonderful. There were quite a few women in their 60's and 70s and even one 83 year old who did the complete marathon.

This year, it was nice to share stories at all the events. While walking, we talked to one another and each woman had a different reason to do the marathon. One mentioned she had put her kids in college and now it was her time to do something for herself. Another talked about overcoming illness and making a promise to herself to start walking to better

health. Another just wanted to show her kids she could do it.

It must be said, women are more compassionate with one another and it seemed all offered support to each other. Believe it or not, some of the runners going by yelled, "good job, walkers!" We all cheered together.

It's a wonderful experience and I urge all of our woman walkers to join in next year to experience a very fine marathon.

JoDell Shields

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The Hills of Texas Are Around You (all the live long day)

Bob Newhouser and I landed in San Antonio on Friday, Feb 15. We were there to do the Austin Marathon or Half Marathon, but landed in San Antonio because we were going to visit that city as well. We drove to Austin and went immediately to the expo. It was located in a building far removed from downtown with no free parking and that was my only complaint on this marathon. I had lived in Austin when I studied for my MBA, so I was familiar with it. Bob and I visited the Lyndon Johnson Library, did a history museum and ate some fine food during a dreary and miserable Friday and Saturday.

The Austin Marathon has been around many years, but I believe this was the second year since they changed the course. The new course runs through the town and is hillier than the old one. We were worried that the weather would remain miserable, but the weather report promised ideal weather on Sunday. This proved to be true, as the temperature went from 40F at the start to 66F when I finished.

Sunday arrived, and we went downtown to Congress Avenue and the starting line. Austin has a large colony of grackles, which are protected (from poachers and irate car owners) and are allowed the run of the city. If you park anywhere near downtown or at the University, you will find their offerings on your car when you get back. The starting line sounded like the inside of a giant birdcage because the colony was resting on the phone lines in downtown and chirping. Around 6:40, they received some secret communal signal and left downtown together. The other strong impression I remember is that the sponsor (AT&T) brought some giant heating lamps for the starting line area. This allowed us to keep warm, since it was definitely in the 30s between 6 and 7am.

Finally at 7am, we were off! We went south and crossed Town Lake. This "lake" looks suspiciously like a river and it actually is the Colorado River. I don't really know why Austinites think it's a lake. We went south for 2.7 miles and gained about 150 feet in net altitude. There were so many rolling hills that the gross gain was much larger. We went up a short steep hill and turned around to the north, lost 150 feet in net altitude, crossed the river and went through downtown again at the 6 mile mark.

At this point, we turned west and paralleled Town Lake for three miles. When I lived in Austin, I had done this part of the course many times on the path next to the lake instead of on the road, so it all looked very familiar to me. It is part of the six and ten mile loops that the local joggers use for exercise. At 9.2 miles, we made a u-turn and went east and immediately hit a nasty hill. This was the start of a net gain of 300 feet during the next 9 miles. Again, the rolling hills made the gross gain much larger. Around 10 miles, we said goodbye to 6000 of our closest friends as we turned north and they continued east to finish their half.

We continued north and paralleled the highway which locals call MOPAC. We went through several upper middle class neighborhoods. At 17 miles, we turned east and began to return towards downtown. Around 18 miles, many well meaning folks on the sidelines told us that it was all downhill from now on. This was true in the net sense, but there were still plenty of rolling hills to go. The neighborhoods began to get older, poorer, and more collegiate.

We passed the University Intramural Field around mile 22 and the course began to be very familiar as I had powerwalked this area many times. At 24 miles, we entered the University on San Jacinto Boulevard, which is the flattest road through it. We continued



south and as we passed the state capitol near 13th street, we met a very large steep hill. This really took the wind out of everyone as it was at the 25.8 mile mark. After the hill, we finished going around the capitol, got back on Congress Ave and sprinted the last quarter mile to the finish line. In spite of the hills, I just missed my 4:50 goal.

I easily met up with Bob (he finished the half) at the finish line near the bag check, we had coffee and went back to San Antonio for a few more days of touring.

There were 4835 marathon finishers and 5837 half marathon finishers. The official time limit was 7 hours, with the last official finisher coming in with a clock time of about 7:30. The Austin Marathon is acknowledged as one of the most popular and scenic in the US and is one of the 3 must do marathons in Texas along with Houston and Dallas White Rock (San Antonio will probably join this group this year)

Alexis Davidson

JODELL'S LENTIL SALAD



Ingredients:

1 1/2 cups French
 lentils
 1 Medium Carrot,
 diced into 1/8s
 1/2 small onion,
 1 bay leaf
 1/2 t. salt/pepper
 4 Tablespoons mint,
 chopped
 6 Tablespoons each of
 parsley, cilantro and
 thyme
 Sherry Vinegar or red
 wine vinegar
 2 Red peppers –
 roasted and cut into
 strips
 8 ounces feta cheese

Olive oil

Lemon Vinaigrette

Cook Lentils with car-
 rot, onion, bay leaf
 and salt and pepper.
 Remove bay leaf.
 Roast red peppers in
 oven and cut into
 pieces and strips. Pre-
 pare vinaigrette and
 fold into warm len-
 til s. Add mint and
 herbs and red pepper.
 Before serving, add a
 little vinegar to
 brighten flavors.
 Crumble feta cheese
 and gently stir. Gar-
 nish with red peppers
 and drizzle olive oil
 on top.

LEMON VINAIGRETTE

Juice and peel of one
 lemon

1/4 t. paprika

Pinch cayenne pepper

1 clove garlic, minced

Salt

6-8 Tablespoons olive
 oil

Remove wide strip of
 lemon peel, slice into
 narrow strips. Put 3
 Tablespoons lemon
 juice in bowl and in-
 gredients. Whisk in
 olive oil.

Serves 6

JoDell Shields

"The Art of Love"

REFLECT!

Reach!

Out to the edges of the universe

IMAGINE!

Floating!

In space beyond our galaxy

IMAGINE!

Traveling!

To the far corners of our solar system

IMAGINE!

Orbiting!

This sphere called earth

Climb, the highest mountain

Travel, across the widest desert

Speed, along the open highway

Traverse, the deepest jungle

Explore, the farthest depth of our seas

Be, in the awe of the wonders of the universe and the breadth of technology

But none of this majesty is a match for what lies in the human heart

A heart, that is nurtured not only by the wonders of nature but by the power of "L"



A heart, that is nurtured not only by the benefits of exercise but by the power of "O"

A heart, that is nurtured not only by a healthy lifestyle but by the power of "V"

A heart, that is nurtured not only by the forces of energy but by the power of "E"

Nature, exercise, nutrition, and healthy living provide adequate nourishment for the heart

But the heart's main fuel is LOVE, in all of its varied forms

This power of love lies within each and every one of us

Love of self transcends all, for without this no other love will follow

Parental love allows you to mature so that you can nurture, experience, and appreciate other forms of love

The love of Father and Mother is spawned by parental love

Siblings bind together and grow to create a common bond that is often indestructible

Humanity would not survive without the love of mate

All of these forms of love prepare you to radiate even more love to your offspring

Inside and outside of this cycle is a love that escapes the boundaries of self, parents, brothers, sisters and children

A love that expands to extended family, to grandparents, aunts, uncles, nieces, nephews, and cousins

A love that expands to precious friends

A love that expands to all humanity

A love that expands to our pets and all creatures of the earth

A love that expands to nature, the spiritual and all that is the essence of our being

The essence of our being is ALL

The "Art of Love" is You, I, and All

Darwin Johnson

A WALKER'S PERSPECTIVE



Four months before my retirement back on Labor Day 2006 I came to the realization that I should start some type of exercise program, since I would soon have plenty of time on my hands. I began walking at a local outdoor track in Juniper Valley Park in Middle Village, Queens, NY. I would faithfully drive the two and a half miles to the track either before work or after, most every day and vigorously walk for twenty minutes at first, then for thirty minutes after a period of time, at the rate of about twenty minutes per mile, all of eight laps. I continued at about this pace for a few months, gradually working my way up to four miles at a fifteen minute per mile pace by New Years day 2007.

I began to tire of walking around in circles on the track in Juniper Park and rediscovered Forest Park, Glendale, Queens, NY, the park of my childhood, that my parents would take me most every Sunday as a youngster.

Forest Park is but a mile from my home, has an outdoor track, but also a beautiful, winding, HILLY,

closed section of roadway, called the loop between Woodhaven Blvd and Metropolitan Avenue that is cut right through the forest. It is absolutely heavenly and sheltered from both wind and even light rain. Here I began walking in earnest and really loving it, but still with little or no technique.

At this time I was walking between four and five miles per day, but still pretty much around fifteen minute mile pace. I was not getting much faster. I decided to join the Forest Park Road Runners Club, but being a "runners" club I did not find a suitable pace walking partner nor any type of coaching, only some very nice people. I also joined the New York Road Runners at the discounted Senior Citizen rate of course, at around this time, and entered some of their events as well as local runners event, and found them to be exciting and exhilarating. A total new world to me at 62 years of age. I was deathly afraid however, since these were running events, that I would finish LAST. I consider myself competitive, but not crazy so, but I never want to be LAST either. I never did finish last though I did find it a bit disheartening to be in the bottom one hundred in a race of four to five thousand participants.

While surfing the Net/Web, I think that's what they call it, I discovered NY Walkers Club, free clinics, 90th Street, Central Park. Now this sounded just right, especially the free part, but I live in Queens, therefore I procrastinated for a couple of months before I finally phoned and spoke to Lon Wilson. The first thing Lon asked

was, "Do You Know How to Walk?" An odd question I thought, and I said, "I think so." Anyway I went to my free clinic on Labor Day weekend 2007. My first glimpse of Lon he was twirling in a Hula Hoop, right in the middle of the park intersection at 90th Street. I just somehow knew this had to be him and I thought, what have I gotten myself into, but I continued onward and in that very first meeting, Lon taught me how to walk. I have been very pleasantly hooked every since, by this man's magic. I so look forward to Saturday mornings and Wednesday evenings for our practices.

To me, I feel I have made unimaginable progress in the seven months with Lon and NY Walkers/Eastside RW Team. I've gone from a thirteen minute mile pace to a ten minute mile pace. I have never felt better, I have lost twenty pounds, I have firmed up and my doctor hardly believes my new much lower heart rate and my overall improved physical condition. I thank God everyday for directing me to this wonderful Healthwalking/Racewalking activity, and especially to you, Lon, for now I can answer you, with some confidence that, "Yes I can now Walk", and thanks to all NY Walkers/Eastside RW team members and especially Dino, Gary, Lynn, Alex, David, Jodell, Stephanie, Alessia (where are you?) and Bob Mullen, from the other team.

Frank is a 63-year old member of the NY WALKERS/EAST SIDE RW TEAM.

Frank Stonitsch

Race Report

Race Name	Date	Dist	Name	Sex	BIB	OvPI	SexPI	AgePI	Time	Pace
Fred Lebow Classic 5 Miler	01/12/08	5.00								
			Frank Stonitsch	M63	2357	3712	2132	55	0:52:36	10:31
			Juanita Doke	F64	642	4281	1971	33	1:04:43	12:56
			Rose Savage	F54	2167	4345	2018	97	1:10:50	14:10
			Lorraine Braun	F57	274	4363	2031	48	1:12:48	14:33
Disney Marathon	01/13/08	26.20								
			Alexis Davidson	M52	5966	4755	3045	270	4:53:19	11:11
Manhattan Half Marathon	01/27/08	13.10								
			Alexis Davidson	M52	890	3677	2517	189	2:09:40	9:53
			David Wolf	M46	5399	3798	2579	315	2:11:24	10:01
			Frank Stonitsch	M63	3946	4364	2834	81	2:21:19	10:47
			Barbara Shimasaki	F53	3759	4942	1842	80	2:52:28	13:09
			Juanita Doke	F64	1024	4952	1850	25	2:54:22	13:18
Gridiron Classic 4M	02/03/08	4.00								
			David Wolf	M48	5887	2941	1954	234	0:37:11	9:17
			Nicholas Bdera	M59	6198	4681	2584	122	0:49:57	12:29
			Karen Bdera	F46	6197	4807	2187	170	0:54:43	13:40
			Lorraine Braun	F57	6348	4856	2218	45	0:56:56	14:14
Bronx Half Marathon	02/10/08	13.10								
			Alexis Davidson	M52	661	2638	1836	155	2:13:27	10:11
			Dino Riojas	M53	2413	3168	2075	189	2:39:37	12:11
			Barbara Shimasaki	F53	2655	3204	1111	48	2:45:10	12:36
			Juanita Doke	F64	750	3240	1137	19	2:53:38	13:15
			Robert Newhouser	M53	2125	3251	2110	192	2:56:44	13:29
Austin Marathon	02/17/08	26.20								
			Alexis Davidson	M52	3471	3329	2251	189	4:50:06	11:04
Salsa, Blues & Shamrocks 5K	03/02/08	3.10								
			David Wolf	M48	3208	1854	1254	130	0:28:55	9:19
			Lorraine Braun	F57	197	3185	1432	34	0:44:39	14:24
Season Opener 5K	03/09/08	3.10								
			Lisa Marie Vellucci	F29		3	2	2	26:29	8:31
			David Wolf	M48		6	2	2	27:27	8:50
			Alexis Davidson	M52		9	4	1	28:46	9:16
			Frank Stonitsch	M63		21	8	2	31:51	10:15
			Dino Riojas	M54		27	10	4	34:27	11:05
			Barbara Shimasaki	F53		30	19	3	35:14	11:20
			Lorraine Braun	F57		40	25	5	43:33	14:01

The Coaches Corner

Spring's in the Air



And we are walking every where. Yes it is now time to get out and do the walk.

Dynamic movement is the name of the game. Heel, toe, heel, toe: focus on how we are getting there. Always working on technique and improving. One way to improve is to take advantage of the NYWC free clinics in Prospect Park and Central Park.

We can be your mirrors, giving you good directions on your posture, alignment, and lean. You will be surprised to see how much more you can do with the help of others. Yes, there is power in numbers.

See you in the park.

Coach Lon

PLAYTIME!

Re-cre-ate (rek'-ri-at): to give fresh life to, to restore

Spring is here. Sun and warmer weather are an instant cure for cabin fever. It's as if the doors all swung open at one time. People are everywhere - in parks, schoolyards, ball fields and on tracks.

They're re-creating their youth and vitality, restoring their bodies and refreshing their minds. It's Spring again - time to take advantage of good weather.

If your body's been in storage all winter, it's time to pull it out of the house, to shake the cobwebs from your mindset and scrape the rust from your bones.

Unless you were especially dedicated, you didn't work out much over the winter. You probably have put on a few pounds

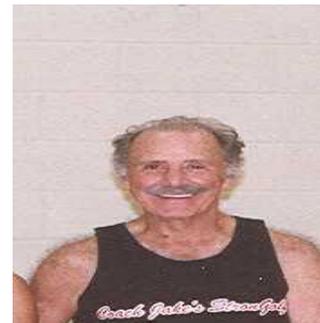
and have taken a few steps back from the fitness level you achieved before settling into your hibernation.

Every year, I hear at least one person say - "Oh, this happens to me every winter. I have to lose weight. Even my winter clothes are tight."

You realize of course, that their winter clothes are a size larger to begin with. They're filling out their bodies to fit their baggy clothes.

Whatever shape you're in - and regardless of when you last exercised - *now is your chance* to get in better shape.

Rejoin our New York Walkers Club FREE clinics and work-outs on Saturday mornings where you'll always find camaraderie combined with some good, honest sweat!



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**For more information call
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<http://www.nywalkersclub.org>**