

**A TRIBUTE TO  
STELLA CASHMAN**

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***Kaity Tsui***

**How the New York Walkers Club helped me survive my first marathon**

A lot of people have asked me how I was able to train and race in this year's NYC Marathon. Aside from the logistics – becoming a NYRR member, running in 9 qualifying races and volunteering (all this accomplished in 2008) – I have to give credit where credit is due. I joined the New York Walkers Club after taking walking classes led by Lon Wilson and his assistant Nereida.

After running all those races last year, I suffered from a stress fracture (diagnosed last fall) that made me question whether I was going to do the marathon at all this year. There was a lot of internal as well as external struggle. "I guaranteed my spot, but what am I suppose to do now?" I didn't want to move my spot to next year because it would cost a lot of money to do that, approximately \$150. I had been unemployed for a few months, so even though I was a pretty thrifty person, this experience moved my frugality to a whole new level. My injury and unemployment status made me sad and frustrated for a while, but I kept myself busy with physical therapy, job searching and volunteering. I figured I'd get out of this rut eventually, and so, when my physical therapist gave me the ok, I decided to further my recovery efforts by learning to "walk before I run."

So back to basics. The Saturday mornings were grueling (as I'm not a morning person – seriously, I've tried), but as May became June and spring transitioned into summer, I slowly regained my strength and confidence, and I found my goal becoming more and more of a reality - this made me extremely happy and optimistic and I felt like my old self again. (continue on page 2)

When I informed Lon and Nereida of my decision to race in the marathon, they were so supportive. They immediately gave me advice, of which I dutifully followed. I was still unemployed but at least I had something to look forward to, something to direct my energy towards that would keep me healthy, active, and in high spirits. After all, there's only so much a person can do while sitting in front of a computer. It also felt great to socialize and breathe in some fresh air, even though I'd been to Central Park like a bazillion times!

Along with grueling training sessions, I'd started volunteering with Trees New York over the summer, and the week before the marathon (Sunday, Nov. 1<sup>st</sup>), I started my position as the Million Trees NYC Education and Tree Care Coordinator with the New York Restoration Project. I ran but mostly walked in the race, and I'm so glad I stuck it out.

Aside from my friends and family, I'm incredibly grateful to Lon, Nereida, and the NYWC. I couldn't have made it without them. As for that NY Times article dismissing race-walking as a valid form of racing in the marathon, I say shame on them. I wanted to run but I couldn't, so I decided to try another way that worked for me and many others. Would the NY Times cover anyone's cancellation fee of \$150 just so that person can say they ran it? I don't think so. I'm sure a lot of people would agree with me on that. And validation can only go so far. In the end, it's all about having a good time. As a native New Yorker, the experience nearly took my breath away - it was such an incredible, fun and amazing opportunity to see the City from another perspective. I couldn't have designed the route better myself. The rest is history.

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### **My growth though race walking**

I started with the group 2 year's ago and I have improved my speed and gained confidence. The group is full of wonderful people, very diverse and from different parts of the world.

They are so helpful in improving your health and well being. I have changed the way I look at my health. I have changed my diet and added more fruit and vegetables. I have added yoga and swimming to my schedule.

I will be starting the nine race plus 1 volunteer program to qualify for the ING NYC Marathon in 2011. I'm very excited to start training and I know that my fellow race walkers will be behind me.

I think this will be a great journey for me. Thank you for listening to my story.

**Pauline Horry**

## Benefits of Fruits and Vegetables

|               |                                  |                         |                         |                             |                                    |
|---------------|----------------------------------|-------------------------|-------------------------|-----------------------------|------------------------------------|
| Apples        | Protects your heart              | prevents constipation   | Blocks diarrhea         | Improves lung capacity      | Cushions joints                    |
| Apricots      | Combats cancer                   | Controls blood pressure | Saves your eyesight     | Shields against Alzheimer's | Slows aging process                |
| Artichokes    | Aids digestion                   | Lowers cholesterol      | Protects your heart     | Stabilizes blood sugar      | Guards against liver disease       |
| Avocados      | Battles diabetes                 | Lowers cholesterol      | Helps stop strokes      | Controls blood pressure     | Smooths skin                       |
| Bananas       | Protects your heart              | Quiets a cough          | Strengthens bones       | Controls blood pressure     | Blocks diarrhea                    |
| Beans         | Prevents constipation            | Helps hemorrhoids       | Lowers cholesterol      | Combats cancer              | Stabilizes blood sugar             |
| Beets         | Controls blood pressure          | Combats cancer          | Strengthens bones       | Protects your heart         | Aids weight loss                   |
| Blueberries   | Combats cancer                   | Protects your heart     | Stabilizes blood sugar  | Boosts memory               | Prevents constipation              |
| Broccoli      | Strengthens bones                | Saves eyesight          | Combats cancer          | Protects your heart         | Controls blood pressure            |
| Cabbage       | Combats cancer                   | Prevents constipation   | Promotes weight loss    | Protects your heart         | Helps hemorrhoids                  |
| Cantaloupe    | Saves eyesight                   | Controls blood pressure | Lowers cholesterol      | Combats cancer              | Supports immune system             |
| Carrots       | Saves eyesight                   | Protects your heart     | Prevents constipation   | Combats cancer              | Promotes weight loss               |
| Cauliflower   | Protects against Prostate Cancer | Combats Breast Cancer   | Strengthens bones       | Banishes bruises            | Guards against heart disease       |
| Cherries      | Protects your heart              | Combats Cancer          | Ends insomnia           | Slows aging process         | Shields against Alzheimer's        |
| Chestnuts     | Promotes weight loss             | Protects your heart     | Lowers cholesterol      | Combats Cancer              | Controls blood pressure            |
| Chili peppers | Aids digestion                   | Soothes sore throat     | Clears sinuses          | Combats Cancer              | Boosts immune system               |
| Figs          | Promotes weight loss             | Helps stop strokes      | Lowers cholesterol      | Combats Cancer              | Controls blood pressure            |
| Fish          | Protects your heart              | Boosts memory           | Protects your heart     | Combats Cancer              | Supports immune system             |
| Flax          | Aids digestion                   | Battles diabetes        | Protects your heart     | Improves mental health      | Boosts immune system               |
| Garlic        | Lowers cholesterol               | Controls blood pressure | Combats cancer          | Kills bacteria              | Fights fungus                      |
| Grapefruit    | Protects against heart attacks   | Promotes Weight loss    | Helps stop strokes      | Combats Prostate Cancer     | Lowers cholesterol                 |
| Grapes        | saves eyesight                   | Conquers kidney stones  | Combats cancer          | Enhances blood flow         | Protects your heart                |
| Green tea     | Combats cancer                   | Protects your heart     | Helps stop strokes      | Promotes Weight loss        | Kills bacteria                     |
| Honey         | Heals wounds                     | Aids digestion          | Guards against ulcers   | Increases energy            | Fights allergies                   |
| Lemons        | Combats cancer                   | Protects your heart     | Controls blood pressure | Smooths skin                | Stops scurvy                       |
| Limes         | Combats cancer                   | Protects your heart     | Controls blood pressure | Smooths skin                | Stops scurvy                       |
| Mangoes       | Combats cancer                   | Boosts memory           | Regulates thyroid       | aids digestion              | Shields against Alzheimer's        |
| Mushrooms     | Controls blood pressure          | Lowers cholesterol      | Kills bacteria          | Combats cancer              | Strengthens bones                  |
| Oats          | Lowers cholesterol               | Combats cancer          | Battles diabetes        | prevents constipation       | Smooths skin                       |
| Olive oil     | Protects your heart              | Promotes Weight loss    | Combats cancer          | Battles diabetes            | Smooths skin                       |
| Onions        | Reduce risk of heart attack      | Combats cancer          | Kills bacteria          | Lowers cholesterol          | Fights fungus                      |
| Oranges       | Supports immune systems          | Combats cancer          | Protects your heart     | Straightens respiration     |                                    |
| Peaches       | prevents constipation            | Combats cancer          | Helps stop strokes      | aids digestion              | Helps hemorrhoids                  |
| Peanuts       | Protects against heart disease   | Promotes Weight loss    | Combats Prostate Cancer | Lowers cholesterol          | Aggravates Diverticulitis          |
| Pineapple     | Strengthens bones                | Relieves colds          | Aids digestion          | Dissolves warts             | Blocks diarrhea                    |
| Pruins        | Slows aging process              | prevents constipation   | boosts memory           | Lowers cholesterol          | Protects against heart disease 5,5 |

Source: Unknown

## *Walking with the Horses*

I used to think that only wild horses could drag me to a state known more for Matthew Shepard than for any other reason. Ironically, I decided to do the Run With The Horses Marathon located in Green River, WY as my Wyoming marathon. The name refers to the trail where a herd of wild horses run and one has a 1 in 3 chance of seeing them during one's marathon. This trail has incredibly interesting geomorphology and is very beautiful.

I flew into Salt Lake City, landed in the middle of a heat wave, and picked up my rental car. I drove about 170 miles into Wyoming and enjoyed quite a tour of different geomorphologies and a gigantic wind farm. This part of the country has wonderful geological outcrops and quite an exciting geological history. I arrived in Green River and picked up my number and enjoyed their annual River Festival. This is held at Expedition Island. Several 19<sup>th</sup> century exploration expeditions started here. I walked a couple of blocks to L'Auberge Du Kia and spent the night.

This was a tough course, but none of the 3 Wyoming marathon options are easy. The course was supposed to be a point to point course starting 26 miles from town at 6800 feet above sea level, followed a 5 mile 700 foot climb and then by 18 miles of rolling hills between 7300 to 7500 and then 5 miles down to the town and 6200 feet. However, the town couldn't afford the bus shuttle this year, so the organizers had to turn it into an out and back for all distances. Surprisingly, the race director didn't inform us until one week before the race, when it was too late to cancel flight reservations. (yeah.....right! Shocking!!)

The temperature was already 59F at the start. We started at 6200 feet above sea level, and the first mile was flat through the town except for the ramp leading to a suspension bridge over the rail tracks. This bridge vibrated freely as 207 marathoners, half marathoners and 10Ks ran across it. Union Pacific is one of two major employers in the town.

The second mile gained about 200 feet and was on the outskirts of town. This was the end of the asphalt. The next 22 miles would be a on a rocky and dusty trail.

Many of the water/Gatorade stops on the trail were self-serve due to a shortage of volunteers. There were glasses and huge jugs on the table, but you had to serve yourself. This added about 15 seconds every time we used one. (continue on page 5)

Miles 3-5.5 gained 1000 feet to 7400. This was murder on everyone, but I was still able to maintain legal walking form for most of it.

The next 7.5 miles would be rolling hills which varied from 7300-7500 feet. Around mile 10, I caught up with fellow Marathon Maniac Gregory Miller. He pointed out that there was small mesa on our right with radio towers, and he figured we must be at the maximum elevation. We continued to work together and chat during the next 3 miles which were rolling hills.

At 13.1, we turned around and reversed. I suddenly found myself alone again, as Greg couldn't keep up with me. I sincerely thought that I had not felt any downhills until mile 8, so I looked forward to reaching mile 18, and thought it would be downhill from there. Boy, was I wrong! The rolling hills continued one after another until mile 21. The next 3 miles felt like my feet would break out of my shoes as I dropped 1000 feet with the brakes on while trying my best to maintain speed without falling on my face. At this point, I was surrounded by cars, pickup trucks and mobile homes which raised so much dust I couldn't see more than a quarter mile ahead. Around mile 22, I ran into a group of horse people out for a ride. Lots of horse poop after that.....LOL.



Finally, at 24, we got back to the asphalt and went back through town. With only 123 finishers, we had to follow the trail of pink ribbons and hope we didn't get lost. (continue on page 6)

I went up the upramp leading to the suspension bridge. It didn't vibrate as much as before, but there were plenty of non-runners on it.

I went down the ramp, turned two corners and reached the finish line. It was already 81F.

I hung out for about 45 minutes as many runners finished and told me they had seen me on the trail near the turnaround and were sure they would catch up, but couldn't believe what I did in the second half.

For the record, it was a negative split (2:33:30, 2:30:17), and my first marathon with the last 10K faster than my first. (1:13:23, 1:11:05)

Everything you may have heard about running hills at high elevation is true. Your effort level is consistent with doing 10:15 miles, but you're actually doing 11:30s. You reach for 5th gear and find out that 4th is barely working and you keep slipping into 3rd. This was my 4th high elevation marathon, so I'm kind of used to it by now.

This might be my best relative showing in my lifetime with the exception of Bataan Death March.

49 of 123 (61 percentile)

33 of 72 male (55 percentile)

7 of 25 50-59 male (74 percentile)

2 of 13 50-54 male (88 percentile)

I would have won an award, but the age brackets were 10 years wide.

Alexis Davidson

## From Rotund to Racewalking Marathons: NYC & San Antonio

Below is a photo of me at the New York Walkers' Club 2005 Winter Party at Jodell Shield's home.



With the intensive training and diet counseling of trainer Gino Caccavale from Feb. 2005 to now and the energetic workouts led by Coach Wilson and Lynn Levy and 47 races to practice, I then completed the NYC (below) and San Antonio Marathons on November 1 and 15, 2009, with, respectively, times of 5:56 and 6:22 (in San Antonio, it was 66 degrees at the start, 79 at the finish with 90% humidity).



I'll focus on the San Antonio Rock 'n Roll Marathon, since readers here are familiar with the NYC Marathon. San Antonio has one of the richest histories of Texas cities, its founding dating back to 1718. It is especially known for its River Walk, or "Paseo del Rio", the beautifully landscaped 2.5 mile waterfront path along the re-routed San Antonio River (below), passing by hotels, restaurants, parks and museums along the way. This attraction has earned the city the nickname "American Venice".



The San Antonio Marathon had 25,820 finishers, 5,800 Marathon and 20,020 Half-Marathon finishers, one of the nation's largest. Transporting racers and walkers for this large venue from remote sites to the start line required operations of 140 city buses on 3 routes rivaling the logistics for the NYC Marathon.

The race covers a beautiful "figure 8" course with the first 11 miles going north on a loop, featuring pleasant neighborhoods, then returning downtown passing by the iconic Alamo mission (above), site of one of the most famous battles of the Texas revolution in 1836.

At mile 10, the race then passes through the 19<sup>th</sup> Century King William District, San Antonio's first suburb (below).

At mile 11, the half marathoners turn left towards the finish line and the marathoners continue racing through the San Antonio Missions National Park, a preserve of four Spanish 17<sup>th</sup> through 19<sup>th</sup> century frontier missions.

At mile 17, the course stops going south and turns east, then north to the park's end at mile 23. At Mile 25, the race passes by the 750-foot Tower of the Americas (below), with a restaurant on top, built in 1968 for San Antonio's World's Fair.



***Bob Newhouser***

# Life Lessons Learned from Walking



**Jill Greenbaum**

I love to walk-in all walking's variations... I enjoy a stroll through the hills of Rockefeller State Park, a loop around Rockland Lake, the twenty mile pre-marathon training walk from Nyack out onto the pier in Piermont past the fabulous houses in Grandview back into in Nyack and up almost to Haverstraw, and an exhilarating racewalk through Central Park. I have learned a lot about myself and life on these walks.

## **1. Preparation Is (almost) Everything**

Before setting out for any walking adventure I check in with myself... what do I need and want:

Gear - only what is tried and true for walks of any distance or under difficult conditions (sun, heat, mist/rain)

Nano and Nike+ - because I love to keep track and try to do just a wee bit better than the last time

Drink

Snack - homemade granola is my fave (I'm happy to share the recipe!)

## **2. Self-care is Critical**

*Before I walk*-I try to get a good night's sleep, and I always feed and water myself.

*During the walk*-I check in with how I am feeling... and focus on how I'm doing. I don't get caught up in matching someone else's pace

*After the walk*-Time for more care and feeding! And checking for any surprises-> blisters, red/rough spots, aches, thirstiness, headache...

## **3. Seeing the Finish (in my mind's eye) Gets Me There**

(Or, as I saw on a tee, "WTF"-Where's the Finish")

I keep track of my distance and time throughout the walk. Those actions keep me focused on my goal and how I am reaching it-and help me decide whether I want to make any adjustments. (continue on page 9)

I'm happy to say that I have never felt any physical distress toward the end of my marathons, though knowing how I'm doing during those 6+ hours and where the finish line is... have gotten me through feeling really good (tired and good).

#### **4. Everyday is Different**

Though not in contradiction to the thought above, I'm aware that some days are easier than others. While I push myself on each and every walk, I pay attention to my body... and endeavor to do the best each and every time.

#### **5. Our Bodies Speak to Us**

I have learned over the last few years that I only listen to myself/my body and mind... and so while I walk with lots of other folks, I try never to ask that they keep my pace and I do not worry about keeping theirs. While walking is often a social sport for me I must listen to what I can do... I have seen others change their game plan on the day of the race and pay the price for it. It won't happen to me.

#### **6. Choose "walkmates" wisely**

In this instance I am talking about the mental and social aspects of walking. I walk because I want to exercise, relax, and enjoy the environment. I don't want to talk about politics or raising children or the latest scandal... Walking≠Controversy

#### **7. It's all about me**

If I'm not loving (almost all of) it, I don't want to be doing it. I have gotten really good about saying "No" to those activities that take away from my personal growth... Walking nourishes all of me!

What have you learned as you walk through your life?

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**For more information about the  
New York Walkers Club**

**Call Coach Lon Wilson at 718 588 0441 or  
Visit our webpage at [www.nywalkersclub.org](http://www.nywalkersclub.org)**

# Hats off to Stella



For the past two decades most of the major events in race walking were staged by Stella Cashman. Stella's contribution to the sport of race walking will be hard to duplicate.

From the 1980's when she competed in races from 5k to the marathon. Walking the NYC Marathon in 4hrs 30mins, setting national age group records, placing 3rd in the world in 1987 at Melbourne, to founding the Park Racewalkers U.S.A. where many of her walkers have represented the United States; or their country; in international competition. Stella's generosity is something to cheer about; sponsoring walkers from here and abroad . Stella wears many hats in the track and field world, holding positions P.S.A.L. , M.A.C. and U.S.A.T&F, as well as a master level USATF official.

The New York Walkers Club along with East Side RaceWalk would like to say KEEP IT UP!

Lon Wilson