

Chicago Walkers Club

March 2017 – December 2017 Calendar

Saturdays, 8:00 AM	Race Walk Training – form, speed and endurance – Cannon Drive across from Lincoln Park Zoo. Spring endurance training continues through April. Saturday start times will be at 8:00 AM except for the following dates: <ul style="list-style-type: none">• March 18 – 8:30 AM• April 8 – 8:15 AM• April 29 – 8:15 AM
Saturdays, 9:00 AM	Fitness Walk , Cannon Drive across from Lincoln Park Zoo
Thursdays, 6:00 PM April 20 - Sept 14	Race Walk Training – form and speed –South Field House, Lincoln Park
April 15	Goshen College 5,000m, Goshen, Indiana { Abigail Smith ajdunn@goshen.edu }
April 22	USATF National Masters 20km RW Championship, Whiting NJ
April 23	Parkside Athletic Club Spring Walks (all distances) Petrifying Springs Park, Kenosha
April 30	30 th Annual Jack Mortland Race Walks, 5k and 10k, Portsmouth, Ohio
May 6	Kenosha Half Marathon, running race that many Chicago Walkers will walk
May 21	USATF National 15km RW Championship, Riverside CA
June 4 th	USATF 5k (Jr & Open & Masters) Champs, Albany, NY
June 11	USATF Wisconsin Outdoor Meet, 3000m RW, Carroll University
June 24, 8:00 am	USATF Illinois Association Masters & Open Outdoor Championship, 1500m RW and 3000m RW at Olivet Nazarene University, Bourbonnais, IL
June 24	Backyard dinner, members and their guests
July 13-16	<u>2017 USATF Masters Outdoor T&F Championships</u> , Louisiana State University, Baton Rouge, LA – 5000m RW and 10km RW
August 12	USATF National One Hour RW Championship, South Milwaukee HS, South Milwaukee
Late summer, Date TBD	CWC Brunch, members and their guests
September 10	USATF Midwest Region, Illinois and 31 st Annual Diane Graham Henry 5k Road Race Championships, South of Foster Ave on Simmons Drive
October 15	Parkside Athletic Club Fall Walks (all distances) – Petrifying Springs Park, Kenosha
December, Date TBD	Chicago Walkers Club Holiday Party, members and their guests