

Chicago Walkers Club

March 2018 – December 2018 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">• April 7 – 8:15 AM• April 28 – 8:15 AM
Saturdays, 9:00 AM	Fitness Walk and Race Walk Instruction , 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 14	Goshen College 5,000m RW, Goshen, Indiana 11:00 AM EDT (10:00 AM CDT)
April 28	Goshen College 5,000m RW, Goshen, Indiana 11:00 AM EDT (10:00 AM CDT)
April 8	Parkside Athletic Club Spring Race Walks, outdoor track at University of Wisconsin Parkside, Kenosha <ul style="list-style-type: none">• 20,000m and 10,000m at 8:00 AM• 5,000m and 3000m at 9:00 AM
May 5	Kenosha Half Marathon, running race that many Chicago Walkers will walk
May 5	USATF Masters 20 km RW Championships, Whiting NJ
May 20	USATF 15 km RW Championship, Riverside CA
June 3	USATF Illinois Association Masters & Open Outdoor Championship, 5000m RW, Lewis University, Romeoville IL
June 3	USATF 5 km (Jr & Open & Masters) Championships, Framingham MA
June, date TBD	USATF IL 1 Hour RW, place TBD
June, date TBD	Backyard dinner, members and their guests
July 26-29	USATF Masters Outdoor T&F Championships , Spokane WA, 5000m RW and 10 km RW
August 25	CWC Brunch, members and their guests
September 5-16, 2018	World Masters Athletics Outdoor Championships (5000m, 10 km and 20 km RWs) Málaga, Spain, http://www.malaga2018.com/
September 30	USATF National 40 km RW, Open & Masters Championships, Oswego NY
October 7	USATF Midwest Region, Illinois and 32 st Annual Diane Graham Henry 5 km RW Championships, South of Foster Ave on Simmons Drive
December, Date TBD	Chicago Walkers Club Holiday Party, members and their guests