



LEARN TO RACEWALK!

If you are a fitness walker, casual walker, a former runner unable to continue your running career, or just interested in starting a walking program, this notice is for you!

A racewalking clinic will be conducted to familiarize participants with racewalking techniques and regulations as well as demonstrations and individual guidance. U.S.A. Track and Field (USATF) certified racewalking judges will be present to assist with the training.

Racewalking offers another option for achieving personal fitness and is suitable for those of all ages. Most importantly, racewalking is not about speed. Racewalking is a technique or style of walking and is a practical, inexpensive form of exercise.

We will meet directly across the street from the Peristyle on Dreyfous Drive in City Park on **Saturday, November 3, 2018 at 8:00 AM** for the clinic. The clinic will last approximately 60 minutes. There is no charge for the clinic. You may email Pat Driscoll, NOTC Racewalking Coordinator, at racewalking@runNOTC.org to RSVP, or for questions or other racewalker information.