

1 Hr Racewalking Clinic

- Learn the racewalking technique for fitness or competition.
- Racewalking is easier on your joints; yet allows for as much intensity as you wish.
- Learn the rolling style that will enable more speed.
- Use it to cross train for running, strengthens hamstrings and upper body with low impact.
- Burns more calories than running at the same speed.

Come join the fun!

When: Sunday May 15, 4:00 PM

**Where: Ethel Peters Recreational Park Track Clinton, CT
(behind the Joel School)**

137 Glenwood Rd 06413

Cost: \$15 (under 20yrs old, free)

Call to register - Maryanne 203-215-6301

Directions to Clinton track:

I-95 N - exit 63, left off ramp, left at light, 1st
right onto Glenwood Rd, *at the third stop sign turn left into Ethel
Peters Recreational Park, track is at the back.

I-95 S - exit 63, right off the ramp, left at next
light onto Glenwood Rd, follow *above.

Clinic given by Maryanne and Ron Daniel, National Champions, former American record holders
and coaches of the CT. Racewalkers Club.
Call 203-215-6301 for info.