**Race Walk Clinic Sunday- Oct 5 4:00pm-$15**

**1 Mile Beginners Race Walk- Sunday Nov 2 9:30 am**

**you must email to register for either- ctracewalk@sbcglobal.net**

**Both at Peters Rec Complex- Track, 137 Glenwood Rd, Clinton.**

**Do the Oct 5 clinic, then come see what you can walk a mile in on Nov 2, afterwards watch athletes competing in the 5K (3.1 miles) Race Walk State Championship.**

**-Try the Race Walking technique for fitness or competition. It 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!**

**Nov 2**

**-1 Mile beginner’s Walk-$5 (free to Coastline Fitness members)**

**-5K entry (with judged Race Walking rules)-$15**

**Must adhere Race Walk technique and rules**

**Call Maryanne/Ron Daniel for more info 203-215-6301 or e-mail ctracewalk@sbcglobal.net**