



INTRODUCTION TO RACE WALKING CLINIC

Sunday January 6, 2013 11:00 a.m. to 12:30 p.m.

PINKERTON ACADEMY INDOOR TRACK, DERRY New Hampshire

An introduction to the Race Walking, the Olympic event - Come learn about this unique event

The clinic is geared toward youth through high school, but is open to all ages

Race Walking has been part of the Olympics since 1908, and is a world championship event. Though not a high school event in most states, race walking competition is held at the National Scholastic championship meets, in youth athletics Junior Olympics, at some high schools, and in youth and open track and field meets in indoor and outdoor competitions.

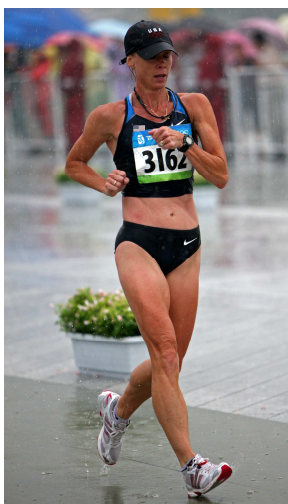
Youth age 14 and under generally race 800 to 3000 meters, high schoolers race 1 mile to 3000 meters, with the mile being the most popular distance.

It's a low impact event – a good running alternative for those with knee or back programs – but one that requires overall fitness and endurance, as well as the skill to maintain proper technique.

The focus of this clinic is on basic technique and drills to become a successful walker.

There is no charge for the clinic !

For more information, contact USATF New England, office@usatfne.org / 617-566-7600



←New Hampshire's Joanne Dow -
2008 Olympian in the 20 k walk

Maine's Abby Dunn →
2012 National Scholastic Champion
and a 4 time USA National Team
competitor

