



Announcing World Class Racewalking's upcoming Los Gatos

Racewalking Weekend

Led by world-renowned coach and clinician

Dave McGovern

April 12-14, 2019



Do you want to learn to Racewalk? Or to Racewalk Faster? Join long-time United States National Racewalk Team member and fifteen-time U.S. National Champion Dave McGovern for this unique racewalking event. Appropriate for ALL levels, participants will learn techniques used by elite walkers to racewalk faster and more efficiently with fewer injuries. And if you don't race, these same techniques can help you to lose weight, get fit and feel great!

Dave McGovern has been a competitive racewalker and racewalking coach for the past thirty-seven years. He has won fifteen U.S. Championships and is the only eight-time US Olympic Trials finalist in any track & field event. In addition to conducting his "World Class Racewalking" clinics all over the known Universe, Dave, who holds a Master's Degree in Sport Science from the United States Sports Academy, is a USAT&F, LSA- and CCFA-certified coach who has led dozens of former clinic participants to youth, junior, open and masters American and World Championship titles and records, including coaching seven clinic alumni all the way to the US Olympic Trials. Dave is the National Head Coach for the Crohn's and Colitis Foundation's "Team Challenge" half-marathon team, and was the Team USA Head Coach for the 2012 World Cup of Racewalking in Saransk, Russia. He is the author of Precision Walking, The Complete Guide to Racewalking Technique and Training, The Complete Guide to Marathon Walking and The Complete Guide to Competitive Walking.

Tentative Agenda: Friday, 6:30 – 9:00pm—Pasta dinner, introductions & orientation.

Saturday, 9:00am—Track session. Warm-ups, then technique sessions and flexibility/technique drills; shoe store "field trip".

1:00pm-4:00pm--Lunch break, then in-classroom technique talk and video review session, followed by a short track workout.

Sunday, 8:00am – 12:00pm—Morning training talk, then session w/ heart rate monitoring, followed by lunch.

1:00pm—Heart rate results, racewalk/marathon walking training lecture, then wrap-up.



For further information contact Georgiana Boewer at georgiana.boewer@flex.com or visit Dave's World Class Racewalking website at: www.racewalking.org

-----ENTRY-FORM-----

NAME _____

ADDRESS _____

CELL PHONE (_____) _____ E-MAIL _____

SIGNATURE: _____ DATE: _____

Send completed entry and \$175 payable to World Class Racewalking to: **Dave McGovern**
c/o WCR World Headquarters
20 High Street
Locust Valley, NY 11560

