



Announcing Dave McGovern's upcoming Marin County  
**RACEWALKING WEEKEND**

Led by world-renowned coach and clinician

**Dave McGovern**

March 5-7, 2010



Do you want to learn to **Racewalk?** Or to Racewalk **Faster?** Join U.S. National Racewalk Team member and fourteen-time U.S. National Champion Dave McGovern for this unique racewalking event. Participants will learn techniques used by our elite walkers at the U.S. Olympic Training Centers to help you to racewalk faster and more efficiently with fewer injuries. And if you don't race, these techniques can help you to lose weight, get fit and feel great!

Participants will benefit from lectures on modern racewalk technique featuring video from recent Olympic and World Championship competitions, individual video-taped technique analysis, and lectures on race preparation, racing strategy, and proper training methods for racewalkers trying to make the most of their limited training time. The \$175 fee for this invaluable two and a half-day weekend clinic includes individual video-taped technique analysis, group lectures, use of Polar Heart Rate Monitors, and all handouts.

Dave McGovern has been a competitive racewalker and racewalking coach for the past twenty five years. He has won fourteen U.S. Championships, and has walked 20 kilometers in 1:24:29—earning the distinction of being the fastest walker in US history never to have made an Olympic Team—yet! In addition to conducting his “World Class Racewalking” clinics throughout the known Universe, Dave, who holds a Master's Degree in Sport Science from the United States Sports Academy, is a USAT&F and LSA certified coach who has led dozens of former clinic participants to 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 Walk Coach for the Crohn's and Colitis Foundation's “Team Challenge” half-marathon team, and was one of the U.S. Coaches for the 2008 World Cup of Racewalking in Cheboksary, Russia. He is the author of *Precision Walking, The Complete Guide to Racewalking Technique and Training, The Complete Guide to Marathon Walking* and was a staff writer for *Walking and Walk!* Magazines.

Here's what others have to say about Dave's “World Class” racewalking clinics:

***“I learned more in two days at Dave's Dallas clinic than I did in nineteen years of racewalking.”***

**-- Fan Benno-Carris, 86, World Masters Racewalk Champion**

***“Dave McGovern's racewalking clinic in Anchorage was terrific! I learned more in that weekend about going faster than I had in the previous six years combined.”***

**-- Robin Helm, Seattle, WA**

For further information contact Lis Shepard at [lizzytrundles@earthlink.net](mailto:lizzytrundles@earthlink.net) (303) 475-4896 or visit Dave's website at: [www.racewalking.org](http://www.racewalking.org)

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_

TELEPHONE (\_\_\_\_\_) \_\_\_\_\_ CELLPHONE (\_\_\_\_\_) \_\_\_\_\_

E-MAIL ADDRESS \_\_\_\_\_

WAIVER (Heretofore referred to as "Da Fine Print"): I, being in sound mind and body, do fully understand that participating in the sport of racewalking may result in my being subject to a panoply of physical and emotional ailments. I agree that by attending this clinic, I may be advised by Dave to wiggle my extremities in ways not intended by my creator, and that such wiggling may cause otherwise staid, emotionally stable, yet sedentary passersby to burst out into uncontrollable snickering. In consideration of the acceptance of my entry, I the undersigned, intending to be legally bound for myself, my heirs, executors, administrators and assigns, do hereby waive and release the organizers of this event, the California State Bureau of Weights and Measures, Arnie's biceps, the city of Tiburon, the county of Marin, the owners and employees of Wild Bill's Pit Bull Rodeo, the artist presently known as The Artist Formerly Known as Prince, the cast and crew of Titanic, The Musical, and any other parties even less remotely connected to Dave's clinic than the aforementioned, from any claims connected with this relatively harmless daredevil racewalking weekend. I also attest that I am physically fit to participate in this clinic, and certify that I will change my socks every 3,000 miles and will not now, nor in the foreseeable future, racewalk naked in public between the hours of 8:15 a.m. and 4:45 p.m. Now sit up straight, wash behind your ears, and don't drive with your eyes closed. Please don't forget to remember the Alamo, and for crying out loud, get a haircut!

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

Send completed entry and check for \$175 payable to Dave McGovern to: Lis Shepard  
3300 South Tamarac Drive, Apt. E-314  
Denver, CO 80248