



Dave McGovern has represented the US National Track & Field Team and the US National Racewalk Team extensively overseas, earning berths on 18 US International teams including two USA vs Great Britain and USA vs USSR track meets, the World University Games, and six World Cup and six Pan Am Cup competitions. In his 22+ year career Dave won 14 National Championships and is the 7th fastest 20k walker in US history.

Dave has coached the National Teams of Fiji, and Ghana, West Africa, and was one of the two Team USA coaches for the 2008 World Cup in Cheboksary Russia. Dave, who holds a masters degree in sport science, also coaches many US and Canadian National Masters Champions and record holders, and several Olympic hopefuls. He is the author of *Precision Walking*, *The Complete Guide to Racewalking Technique and Training*, and *The Complete Guide to Marathon Walking*.

“I’ve been to several other camps and mini-camps around the country, but Dave’s is by far the most valuable. I highly recommend it!”

—Richard Oliver, Walkers Club of LA

Typical Schedule

Tues. Arrival at the National Training Center. Early arrivals may get threshold testing done by NTC staff, and/or technique sessions with Dave and guest coaches at the track.

Wed. Threshold and technique sessions continue.

Thurs. Morning tempo workout on the West Orange bike trail. Technique and threshold sessions continue. Technique lecture and video review. Pilates, swim, then easy afternoon walk.

Fri. “Guess your pace” interval workout. Physiology lecture on threshold results/how to train. Yoga, then weight training talk by NTC staff. Plyometric drills session. Pre-competition workout and lecture. Night out at Disney’s Boardwalk.

Sat. Morning workout, then visit to the Magic Kingdom or other tourism. Pre-race pasta dinner.

Sun. Group warm-up then 5K race.



The USA National Training Center is located in Clermont, Florida, 30 minutes from Orlando’s theme parks.

The Center features a 400-meter track & field complex; a 70 meter x 25 yard aquatic center; a fitness center with strength and conditioning staff; fully-equipped education rooms; and state-of-the-art human performance lab and sports medicine & rehabilitation center.

Dave’s World Class Racewalking Camp

Hosted by world-renowned racewalker, racewalking coach and author, Dave McGovern.

*** All ages/ability levels welcome. Previous campers have ranged in age from 14 to 84!**

*** All inclusive! \$825 camp fee includes first-class lodging and meals, full Training Center access and testing, airport transfers, etc!**

*** The “World Class Racewalking 5K Championship” will be our “Final Exam.”**



**USA National Training Center
Clermont, FL**

**TUESDAY, NOVEMBER 9th
THROUGH**

SUNDAY, NOVEMBER 14th, 2010

Please submit registration form and fees to:

Dave McGovern
World Class Racewalking Camp
20 High Street
Locust Valley, NY 11560

(845) 709-2152 DMcG@Racewalking.org

Dave McGovern and other top racewalkers/
marathon walkers and coaches will train with
you, conduct video analysis of your walking
style, and lead seminars that will teach you to
train more efficiently with fewer injuries.

This will be Dave's 21st World Class
training camp—the eighth at the National
Training Center facility. The camps are open to
racewalkers of all ability levels, but are geared
more for walkers that actively compete in the
Olympic sport of racewalking. Past participants
have ranged from beginning racewalkers to
Olympic hopefuls, and have ranged in age from
14 to 84!

Space in this camp is limited and will be
allotted strictly on a first-come, first-served
basis. We look forward to spending an
enjoyable and educational week with you.
Please reserve your spot as soon as possible by
submitting a \$150 deposit with the registration
form.

Happy Walking!



Dave McGovern

Do you want to learn to racewalk faster?

Long-time U.S. National Racewalk Team member
and National Team coach Dave McGovern will be
your host for this incredible racewalking
experience. Using methods employed at the US
Olympic Training Centers, Dave and the coaches
will show you how you can walk faster and more
efficiently, and how you can get the most out of
your mileage.

Previous camps have featured coaching assistance
from Olympians Andrzej Chylinski, Gary
Morgan, Herm Nelson and Bogdan Bulekowski
(7th at the 1980 Olympic 50K racewalk). National
Team members Mark Bagan, Bobbi Jo Chapman,
Don DeNoon, Mark Fenton, Curtis Fisher,
Carolyn Kealty, Jonathan Matthews, Steve
Pecinovsky, Loretta Schuellein, Ian Whatley, and
Dana Yarbrough have also assisted at past camps,
leading workouts and lectures.

Fees for the November camp include lodging and
meals from the night of the 9th, access to all
National Training Center facilities, use of Polar
heart rate monitors, video technique analysis,
classes in the physiological principles behind fast
racewalking, training schedule design, sports
psychology, weight training, Pilates, yoga,
swimming, stretching, and lots of walking!

The National Training Center is designed to meet
the needs of all ages and at all fitness levels, from
residents in the local community to international
level athletes. The new 37,000-square-foot fitness
and training center combines health, education,
wellness, rehabilitation and sports science/training
programs all in one convenient location.

I have enclosed my check or money order for \$150 to reserve my spot.

I have enclosed my check or money order for \$82.5* to cover the entire cost of the camp.

Do you have a roommate preference? If so, roommate's name: _____

Name: _____

Phone: _____

Address: _____

City: _____

State: _____

Zip: _____

E-Mail: _____

Signature: _____

Date: _____

Send completed entry and check payable to Dave McGovern to: World Class Racewalking Camp

20 High Street

Locust Valley, NY 11560

*Private rooms available for an additional \$150