



Mail To

Twin Cities Race Walkers
638 Summit Ave.
Saint Paul, MN 55105-3435

Twin Cities Race Walkers is a part of RaceWalk-MN
<http://usatfmn.org/racewalk>



Couch Potato?

You will get more out of Race Walking 101 if you can walk for a few miles without undue stress. So, get out and take a stroll a every other day between now and the first class. Don't worry about walking fast. Just work up to walking for an hour.

Fitness Walker?

Try to walk faster by taking more steps per minute rather than longer steps. It will feel easier if you take smaller steps.

Runner?

Can you take out the jar from your foot impact?

Join Us at the Weekly Walks!

8am Sunday: Einstein's Bagels, 1513 W Lake St, just east of Lake Calhoun. We gather a group or two of people interested in walking similar speeds and distances and head out for the lakes. Speed, distances, and total time walking vary. Plan on spending 1 to 2 hours walking at an aerobic pace, so bring water. Port-a-Potties are available on both Lake Calhoun and Lake Harriet.

5pm-6:30pm Monday: Black Bear Crossing, just off Lexington Ave at Como Lake. This is a day of easy walking with short bursts of faster speeds thrown in for variety. We regroup and chat a bit after each 1.6 mile lap of Como Lake. We adjust speeds so that we usually have only 1 or 2 groups of walkers. The group walks counterclockwise around the lake, so start walking clockwise and you will find us. Bathrooms and water are available at Black Bear Crossing.

5pm-6:30pm Wednesday: Black Bear Crossing, just off Lexington Ave at Como Lake. This is a day of easy walking where we try to walk at a constant speed for 20 or more minutes. We adjust speeds so that we usually have only 1 or 2 groups of walkers. The group walks counterclockwise around the lake, so start walking clockwise and you will find us. Bathrooms and water are available at Black Bear Crossing.

Race Walk 101

Sunday 2pm-3pm
May 7, 14, 21, 28
Como Lake

If you are looking for

- a break from running, or
- a challenge beyond fitness walking, or
- an aerobic exercise that is a little different, or
- a some brain exercise while you exercise, or
- a way to meet some really nice people

then you might be a race walker



What is Race Walking, Anyway?

Race walking is a stylized form of running, much like the backstroke is a stylized form of swimming. To the casual observer, race walking is clearly different from running, fitness walking, ordinary walking and skipping.

What You'll Learn!

- what makes race walking different from running
- legal race walk technique - to follow the rules
- efficient race walk style
- walking with 1/3 the impact stress of running
- basic components of a race walk training program
- how to set reasonable goals for your race walking
- how to adapt a training program to meet your goals
- how to select shoes for race walking
- how fast/far race walkers go

What to Bring

Shorts, a t-shirt, and your walking shoes. Please don't buy new walking shoes - just bring some shoes you feel comfortable walking in. The first day, we'll talk about what shoes are best for race walking, and you can decide then if you need new ones. Black Bear Crossing has restrooms for changing clothes and drinking fountains for water, and a café for post-class chatting.

Check Out Twin Cities Race Walkers

Twin Cities Race Walkers is a club that welcomes all skill levels of race walkers, from the casual walker just learning how, to competitive race walkers competing for national titles. We provide 3 opportunities a week to go walking and monthly race walk events. We are the host club for the USA 15km race walk national championships.

<http://twincitiesracewalkers.org>

Where?

Black Bear Crossing, at 1300 N Lexington Ave at Como Lake, in Saint Paul, MN. Black Bear Crossing is the cafe in the concession building on the west side of Como Lake. We'll meet at the statue of the black bear, right in front of the concession building, then head out to the

When?

Four Sundays in May
May 7, 14, 21 and 28
2pm-3pm

Cost?

Register by April 30: \$15 for all 4 hours of instruction
After April 30: \$20 for all 4 hours of instruction
Make checks payable to **Twin Cities Race Walkers**.

Register Today!

Fill out the form and mail it with your check to
Twin Cities Race Walkers
638 Summit Ave.
Saint Paul, MN 55105.

No race walk experience required!

Questions?

Call Bruce Leasure at 651-330-9355

Registration Form

Name _____

Address _____

City, State Zip _____

E-Mail _____

Telephone _____

RELEASE, WAIVER and HOLD HARMLESS AGREEMENT: I desire to participate in the Twin Cities Race Walkers event: Race Walking 101. I realize that participation in this series of race walking classes includes physical exercise that carries with it certain risks, and I fully assume any and all risks for my participation. Therefore, I, for myself, administrators, heirs, next of kin, successors and assigns, waive and release Twin Cities Race Walkers, the instructor, and anyone associated or affiliated with this event (the Releasees) from any and all claims, potential claims, damages, court costs and attorney's fees that may arise from my participation in the classes. Furthermore, I agree to indemnify and hold harmless the Releasees for any damages from any such claims or damages due to loss or destruction of my personal property while at the event site or property. I further grant Twin Cities Race Walkers the right to photograph and/or videotape me and further to use my name, face, likeness, voice and appearance in connection with exhibitions, publicity, advertising and promotional materials without reservation or limitation. I further agree I will not seek remuneration for such photos and publicity.

Printed Name if parent/guardian

Signature _____

Date _____