Announcing World Class Racewalking's upcoming Evanston, IL

# Indoor Racewalking Weekend

Led by world-renowned coach and clinician

## Dave McGovern

## March 13-14, 2027



Do you want to learn to racewalk? Or to racewalk or power walk 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 over forty years. He has won fifteen U.S. Championships and is the only nine-time US Olympic Trials finalist in USA Track & Field history. 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 certified personal trainer and 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 over a dozen clinic alumni all the way to the US Olympic Trials. Dave 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:**
**Saturday, 9:00am—Introductions, 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 interval workout.**
**Sunday, 8:00am – 12:00pm—Morning training talk, then track session w/ heart rate monitoring, followed by lunch.**
**1:00 – 4:00pm—Heart rate results, racewalk/marathon walking training lecture, then wrap-up.**



For further information contact Ashley M at ashleysmoy@gmail.com, (312) 373-0457 or visit Dave's World Class Racewalking website at: www.racewalking.org

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

NAME_____

ADDRESS_____
CELLPHONE (_____)_____ E-MAIL_____

Send completed entry and $225 payable to World Class Racewalking to:

Coach Dave McGovern
20 High St.
Locust Valley, NY 11560