



# Announcing World Class Racewalking’s Seminole, FL Racewalking/Power Walking Weekend!

Led by world-renowned coach and clinician

## Dave McGovern

### January 14-15, 2023



Do you want to learn to racewalk? Or to racewalk or power walk faster, more efficiently and with fewer injuries? Join twenty-time United States National Racewalk Team international competitor and fifteen-time U.S. national champion Dave McGovern for this unique racewalking event. Appropriate for ALL levels, participants will learn techniques used by both elite, and Masters Champion walkers to walk 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 walking/running coach for the past four decades. A marvel of longevity, he is America’s only nine-time US Olympic Track & Field Trials finalist. 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 several alumni who have gone on to compete at the US Olympic Trials, World Championships, and the Olympic Games. Dave was for twelve years the National Head Coach for the Crohn’s and Colitis Foundation’s “Team Challenge” half-marathon team, and was the Team USA Junior Coach at the 2008 World Cup of Racewalking and the Head Coach for the 2012 World Cup. He is the author of *Precision Walking, The Complete Guide to Racewalking Technique and Training, The Complete Guide to Marathon Walking* and his recently released *The Complete Guide to Competitive Walking*.

**Tentative Agenda: Saturday, 9:00am-12:00—Introductions & orientation, technique sessions, then shoe clinic at St. Pete Running Co. 12:00pm-5:00pm--Lunch break, then in-classroom technique talk and video review session, followed by a short sprint workout. Sunday, 8:00am – 1:00pm—Morning training talk, then heart rate-based training session, followed by lunch. 1:00pm-4:00pm—Heart rate results, training lecture, then wrap-up.**



For further information contact Andy Cowing at [Acowing9@hotmail.com](mailto:Acowing9@hotmail.com) \*Put “Racewalk Clinic” in the subject line, please!\* (727) 431-2253 or visit Dave’s World Class Racewalking website at: [www.racewalking.org](http://www.racewalking.org)

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

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CELL PHONE (\_\_\_\_\_) \_\_\_\_\_ E-MAIL \_\_\_\_\_

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

Send completed entry and \$195 payable to World Class Racewalking to: Andy Cowing  
212 Aspen Circle  
Seminole, FL 33777