

LEARN TO RACEWALK!

If you are a fitness walker, casual walker, a former runner unable to continue your running career, or a new racewalker, this notice is for you!

A racewalking clinic will be conducted to familiarize participants with racewalking techniques and regulations as well as demonstrations and individual guidance. U.S.A. Track and Field (USATF) certified racewalking judges will be present to conduct the training.

Racewalking offers another option for achieving personal fitness and is suitable for those of all ages. Most importantly, racewalking is not about speed. Racewalking is a technique or style of walking and is a practical, inexpensive form of exercise.

Please join us at **7:15 AM**, just prior to the **NOTC Anniversary Race** at Garden of Memories, 4900 Airline Drive, Metairie, on **Sunday, August 13, 2017** for the clinic. You must check-in at the Racewalker Check-In table prior to 7:15 AM. The clinic will last approximately 30 minutes. After the clinic, participants will participate in the 3 mile race starting at 8:20 AM. The USATF certified racewalking judges will critique all clinic participants and provide follow-up to the participants after the race. There is no charge for the clinic, however, you must be registered for the Anniversary Race to participate in the race. Pre-registration for the clinic or the race is not required but encouraged to prevent any delays on race morning. Please refer to the NOTC Racewalking link, <http://www.runnotc.org/racewalking/index.shtml>, for additional information regarding participation in NOTC races as a racewalker. You may email Pat Driscoll, NOTC Racewalker Coordinator, at racewalking@runNOTC.org to RSVP or for questions or other racewalker information.