

Our Club workouts (which are free and open to all interested) take place on the Peters track at 6:00 PM every Tuesday. [137 Glenwood Road, Clinton 06413](#) behind Joel School. Beginning of April thru Thanksgiving. Heavy downpour or snow/ ice cancels.

The workout consists of a warm up, stretching, then intervals (fast paced racewalking with rests in between) cool down and yet more stretching. We will be happy to give pointers as we are warming up but this is not a “teaching clinic.” Beginners do a shortened version of the workout and everyone is encouraged to go at their own pace.

(In the rare event that we are unable to be at the track, workouts are posted on the fence, you can email [ctracewalk@sbcglobal.net](mailto:ctracewalk@sbcglobal.net) to check on dates.)