

**Ever want to know how fast you  
can walk a mile?**

**Want to get more out of your walking?  
or cross train for running?**

**1 Hr Race Walk Clinic Saturday, Oct 5, 3:00pm-\$15**

**1 Mile Beginners Race Walk- Sunday Nov 3, 9:30 am-\$5  
(both are free to Coastline Fitness members)**

Where: Peters Track, 137 Glenwood Rd, Clinton CT 06413  
(behind the Joel School)

**-Do the Oct 5 clinic, then come see what you can walk a mile in on  
Nov 3, afterwards watch athletes competing in the 5000meter (3.1  
mile) Race Walk State Championship.**

**-Try the Race Walking technique for fitness or competition. It is  
easier on your joints, yet allows for as much intensity as you wish.**

**-Learn the rolling style that will enable more speed.**

**-Use it to cross train for running, strengthens hamstrings and upper  
body with low impact.**

**-Burns more calories than running at the same speed!**

**Nov 3**

**1 Mile beginner's Walk-\$5 (free to Coastline Fitness members)**

**5K entry (with judged Race Walking rules)-\$15  
Must adhere to Race Walk technique and rules**

**Call Maryanne/Ron Daniel for more info 203-215-6301 or e-mail [ctracewalk@sbcglobal.net](mailto:ctracewalk@sbcglobal.net)**