



**Berkeley, CA  
July 13-14, 2024**

# **Racewalking/Power Walking Clinic!**

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 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!

For information contact Amily Huang – [AmilyHuang@mac.com](mailto:AmilyHuang@mac.com)  
or visit [www.racewalking.org](http://www.racewalking.org)