



Race Walk Clinic

Saturday March 25, 2023, 9am - 11am

Williamsville South H.S. 5950 Main St. Williamsville, NY 14221



Don Lawrence



Sharon Gruttadauro

Race Walk Clinic Outline:

- Introduction to Olympic Style Walking
- RW Footwear / Stretching for Walkers
- Race Walk Rules / RW Technique
- RW Drills / 1 Mile RW Judged Time Trial
- Review of Time Trial / Q&A / Snack

Registration Fee: Youth ~ High School Senior \$10. Adult/Coaches/Officials \$20.

Reserve your spot ASAP, limited to 20... e-mail today!

e-mail: walk2agoal@gmail.com

More Info: 518.577.1333

