RACE WALKING CLINIC
FOR
ADULTS 50+
SATURDAY, April 1, 2017
8:45 – 10:30 AM
TINGLEY BEACH
1800 Tingley Drive SW, Albuquerque, NM

REGISTRATION FORM

Want to try a new sport? Have you considered Race Walking? This clinic is geared to introduce 50+ athletes to the sport of race walking, a long-distance discipline within the sport of athletics. Although it is a foot race, it is different from running in that one foot must appear to be in contact with the ground at all times. The sport emerged from a British culture of long-distance competitive walking known as pedestrianism, which began to develop the rule set that is the basis of the modern discipline around the mid-19th century and is now included in the National Senior Games.

Professional instruction will be provided by instructors from the NM Race Walkers Association. Participants are encouraged to come to Tingley Beach between 8:00 – 8:45 and watch the ABQ 50+ race walk competition prior to the clinic.

Cost: $5.00 and limited to participants age 50 and over who are new to the sport of race walking. Registrations will be accepted the day of the clinic.   Registration begins at 8:45 and instruction starts at approximately 9:00 (or when the 50+ competition is over). Prizes and gifts will be awarded. Participants should bring good walking shoes.

Sponsored by the NM Senior Sports Foundation, a nonprofit 501(c)(3) NM corporation. For more information, PHONE (505) 299-7768, FAX (505) 271-.4933 or E-MAIL: info@senior-sports.org.

(Detach and mail to NM Senior Sports Foundation, P.O. Box 14579, Albuquerque, NM 87191)

YES, I would like to participate in the Race Walking Clinic on April 1, 2017. Enclosed is my check in the amount of $ 5.00 payable to the NM Senior Sports Foundation or NMSSF.

NAME _____

ADDRESS _____

_____

PHONE   _____   AGE _____

E-MAIL   _____

In case of emergency, contact:

(Name)_____(Phone)_____

This event is sponsored by the NM Senior Sports Foundation with the cooperation of the NM Race Walkers Association and the City of Albuquerque

NM Race Walkers