



~ present ~

Race Walking Clinic

By: Michael Roth – USATF-NC Race Walk Chair

Saturday March 21, 2009

10:00 – 11:00 am

Hosted by: Raleigh Running Outfitters

Celebration at Six Forks Shopping Center, 7449 Six Forks Rd, Raleigh, NC

Contact: shop@raleighrunning.com

Please email **Jim Micheels** to let us know you can attend.

RSVP's are appreciated, but NOT required.

This clinic is **FREE** to all participants. All interest & ability levels are welcome.

Arrive early, as this clinic will start at 10:00 am SHARP!

- ∞ The clinic will start with a short discussion of the rules and technique of Race Walking, which will include a short viewing of videos for illustration.
- ∞ We will then head outside for a practical session where everyone will get to practice what they have learned.
- ∞ Please dress for the weather. Refreshments are courtesy of **RRO**.

Clinician History: Michael Roth has been an active race walker for over 20 years. He has won numerous collegiate championships and was also a US Champion in 2005. Michael also is a master level track & field official with USATF and has earned the designation of international level race walk official with the IAAF. Michael makes his career by coaching people to achieve their fitness goals as a personal trainer and track coach. Over the last 10 years, Michael's athletes have won medals in international championships, along with more than 45 national championships and 100 All-American awards.