



Sunday, September 29, 2019
T.C. Williams High School track
3330 King Street, Alexandria VA 22314
presented by Potomac Valley Track Club!

8:30 AM—On-Site registration opens
9:00 AM—Tim Good Memorial One-Hour Race Walk
10:30 AM—3K and 5K Track Run

www.pvtc.org/onehour.html

- Test yourself! How far can you walk in one hour?
- Race walk is judged for legal form
- We provide guidance on proper technique before the start
- A “postal” event – you compete against everyone else nationwide
- We need volunteer lap counters – Come sit and watch and count sheep
- Entry fees:
 - PVTC members: \$ 5 pre-race, \$10 race day (you can join PVTC for \$20/year)
 - Non-members: \$10 pre-race, \$20 race day



Racewalking! Fun?



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PVTC's Race Walk Program

for BEGINNER, INTERMEDIATE, and ADVANCED LEVELS

- PVTC, one of the USA's premier race walking clubs, hosts clinics for all race walkers, all year
- Race walking has an efficient, smooth, flowing style and can be an enjoyable addition to your fitness program; it is also a local and international competitive sport at all levels, including the Olympics.
- Depending on your choice of intensity level, it can range from moderate exercise to a fast-paced, highly aerobic, full-body workout. It is a far lower-impact sport than running and provides comparable conditioning benefits for your health.

PVTC'S FREE RACE WALK TRAINING SESSIONS:

- Art Klein (831-234-1739, kleinwalk@comcast.net) coaches race walking every Tuesday at 6:30 PM indoors at Thomas Jefferson Community Center, 3501 2nd Street South, Arlington VA. Enter thru Door #12. At these one-hour sessions, Art coaches specific exercises to improve form and walk faster.
- The workouts are free, but the day rate to enter TJ is \$8.00 for Arlington residents and seniors, \$16.00 for other adults, free for students up to 18
- Jim Wass (301-257-1348, Jim@jimwass.com) coaches race walking most Wednesday evenings during the outdoor season at 6:00 PM and most Saturdays at 7:00 AM at Montgomery Blair High School on the outdoor track adjacent to Route 29, just outside the I-495 Capital Beltway