

ALICE SPRINGS RUNNING & WALKING CLUB



WINNING WAYS FOR WALKERS

- WHAT** A training package for recreational and race walkers. A series of training sessions culminating in a weekend workshop (21-23May) of coaching, social activity and a special Walk event.
- WHY** Fit for Life. Weight control. Make new friends. Develop effective walking technique and knowledge. Have fun! Feel great! Excellent preparation for Alice Springs Masters Games 2010!
- TIMELINE** Mon 26th April, 7am (registration from 6.30am) Town Pool, Tavis Johannsen Memorial, 5/10km Walk/Run.
Sun 2nd May, 7am, Anzac Oval training Walk.
Sun 9th May, 7am (registration from 6.30am) Simpsons Gap, Frampton's Event #3, 5/10km Walk/Run.
Sun 16th May, 8am (registration from 7.30am) Eastside Pilates Walk/Run, 3 or 6km Walk/Run.
Fri 21st May, Dr Bob Cruise Workshop begins...meet & greet social evening @ Sporties.
Sat 22nd May, "Walking on Sunshine" – where do I begin?? (am & pm sessions with Dr Bob Cruise time/venue tba)
Sun 23rd May, "Getting it all Together" – mini walk event/time trial with Dr Bob Cruise (time/venue tba)
- COST** Free! No fee for training and coaching workshop - a small registration fee may apply for the official events.

This initiative from the Alice Springs Running & Walking Club, sponsored by NT Sport & Recreation's 'Grass Roots' program will provide an 'entry level' and 'inclusive opportunity' for all local walkers to experience, participate, view, experiment with and enjoy the fabulous sport of competition walking or 'race walking'. From the beginner walker, to the regular social walkers and to the more experienced/ competition walkers, it is anticipated that this program will be inclusive and have something to offer participants at every level.

Further information: Contact Debbie Page 0427 712 723 or register @ Centralian Sports for WWW workshop weekend.