

# High School RaceWalking



## RACEWALK CLINIC

When: Sat. Feb. 21, 2015 from 9:30AM -11:30 AM

Cost: Free

Where: North Atlanta High School, 4111 Northside Parkway, Atlanta, GA 30327. Meet at the track.

*Directions: Come in the main entrance and take a right at the bottom of the hill. You will see the track on the left. Pull in to the parking lot between the track and baseball field and go up the steps to the track.*

**Your instructor will be Jim Norvill, USATF Certified RaceWalk Coach , Instructor, National Champion RaceWalker.**

**Session will include basic RaceWalk Technique, training suggestions, and how to select the proper shoes.**

Host: George Sanderlin

Community Coach - Track & Field and Cross Country

North Atlanta High School

<http://ga.milesplit.com/teams/NAtl>