

# Intermediate Racewalking



***Learn new racewalking techniques to make you faster!***

**Sundays 5:15-7:15 PM**

Begins **September 13<sup>th</sup>** for 6 weeks. Class meets **9/13, 9/20, 10/4, 10/11, 10/25, 11/15**  
(Please note that there will be a make-up class on **Nov. 22** if needed due to severe weather).

**Where: Taylor Park in Largo (1100 8<sup>th</sup> Ave. SW ) Shelter #1**

To get to Taylor Park: Take Ulmerton Road west to 113<sup>th</sup> Street (Clearwater-Largo Road. Turn right (north) to 8<sup>th</sup> Avenue. (If you get to East Bay, you've gone too far). Turn left (west) at 8<sup>th</sup> Ave. Cross the Pinellas Trail. Turn left into Taylor Park. Meet at Shelter #1.

Please meet 15 minutes prior to class ready to warm up. Please make sure you have eaten a healthy snack 1½ hours before class. Bring water in a fanny pack holder and extra water in your car.

**\$77 if postmarked by August 28, 2009**

**\$87 if postmarked between August 29 and September 9, 2009**

**\$97 if paid at first class (*if space is available*)**

Each class will consist of 2 hours of warm up, stretching, technique instruction, drills, and cool down. A digital, wrist band type, sports watch with a stopwatch built in (Casio, Nike, etc.) is recommended, but not required. Please make sure you know how to operate your watch before you come to class. Please select a watch that has numbers large enough for you to see while racewalking.

***Prerequisites:*** Completion of Private Beginning Racewalking lessons, a Beginning Racewalking Class or permission from the instructor. You must be racewalking a minimum of 3 times a week currently to enroll in this class. All paces welcome. If you have taken Intermediate Racewalking, you are welcome to sign up again to fine tune your speed enhancement techniques.

**Visit us at [www.AceWalker.com](http://www.AceWalker.com)  
Or call 727-394-WALK**



**Bonnie Stein, M.Ed., CPTS** National Masters Racewalk Award Winner, Certified Personal Training Specialist (Fitness Institute International), author and Walking Consultant. Bonnie has been featured on CNN, the Tampa Tribune, St. Pete Times, Tampa Bay's Channel 10, Atlanta Journal/Constitution, Good Day Atlanta, Channel 11 News (Atlanta), Prevention Magazine, Self Magazine, Walking Magazine, Women's Sports and Fitness Magazine, Sesame St. Parents Magazine. Bonnie is a recipient of the National Masters Award in the Presidential Sports Award Program, and a writer for Running Journal Magazine. She has published more than 200 articles on walking and fitness

## Become Faster by the End of 6 Weeks!

**Class will begin on Sunday, September 13<sup>th</sup>  
Register soon! Class size is limited!**

To register, please complete and mail in the form below.

For information call Bonnie Stein at (727) 394-WALK or email [Bonnie@AceWalker.com](mailto:Bonnie@AceWalker.com)

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\$77 per person if postmarked by August 28<sup>st</sup>, 2009      **Intermediate Racewalking Class Fall 2009**

\$87 per person if postmarked between August 29<sup>th</sup> and September 9<sup>th</sup>, 2009

\$97 if paid at first class (*if space available*)

### No Refunds

Name \_\_\_\_\_

Home Phone \_\_\_\_\_

Work Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

Birthday \_\_\_\_\_

Address \_\_\_\_\_

City, State \_\_\_\_\_

Zip \_\_\_\_\_

E-Mail \_\_\_\_\_

Please make check payable to **Bonnie Stein** and mail to:

209 East 176 Avenue  
Redington Shores, FL 33708