

# Racewalking for Fitness and Fun!

With **Bonnie Stein, M.Ed., CPTS**

**WHATEVER YOUR REASON FOR WALKING... HERE'S  
YOUR CHANCE TO GET MORE BENEFITS!**

**May 11<sup>th</sup> – May 12<sup>th</sup>, 2012**

Friday, May 11, 6:00pm – 9:00pm Seminar and practice at St. Mark Church Social Hall.  
Come dressed for walking outdoors or indoors depending on the weather.

Saturday, May 12, 9:00am – 4:30pm Seminar and practice at Greenfield Park.  
Noon – 1:00pm Lunch (bring your lunch and snacks in a cooler)

Bring a small cooler with extra water bottles in your car, change of clothes, sunscreen and a jacket both days.  
On Saturday bring a picnic lunch.

## **Where:**

Friday evening at St. Mark Church, 1011 Eastwood Rd., Wilmington, NC 28403

Saturday at Greenfield Park, 302 Willard St., Wilmington, NC 28401

- ♣ Learn how to turn your regular walk into a workout
- ♣ Discover how you can **be fit, burn fat, tone muscles**, and condition your heart and lungs by utilizing the style of the Olympic Racewalker
- ♣ Determine **your correct walking pace** to get the results you want
- ♣ Learn how to pick a proper walking shoe and sock, how to prevent injuries, how to rev up your metabolism, how to protect your back and knees during exercise
- ♣ Get all the benefits of running without the impact to your body



# You Don't Have to Race to Racewalk!



Better than regular walking! Racewalking is a technique – not a speed! You'll learn new racewalking techniques that will rev up your metabolism and change your walk into a workout at a pace that's right for you. Beginners welcome! Go to [www.AceWalker.com](http://www.AceWalker.com) for a registration form.



**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, Fox Channel 13, 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 Active.com, Defeat Diabetes National Newsletter, and Running Journal Magazine. She has published more than 200 articles on walking and fitness.

## Learn All the Beginning Racewalking Techniques At This Weekend Seminar!

Wear sneakers and comfortable walking clothes. Come dressed for the weather. Bring an extra jacket for being outdoors. Eat a healthy dinner at least one hour before the start of the seminar on Friday at 6:00pm, and a healthy breakfast an hour or more before the seminar on Saturday.

**Register soon! Space is limited!**

You may schedule a private lesson with Bonnie  
Thursday, Friday, or Sunday afternoon

**\$50 per hour per person or \$30 per half hour**

Email [Bonnie@AceWalker.com](mailto:Bonnie@AceWalker.com) today to schedule your lesson.

To register, please complete and mail in the form below. Sorry, no refunds.  
For more information contact clinic coordinator Christy Franklin: 910-614-2344 [4franklin@cape-fear.net](mailto:4franklin@cape-fear.net)

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- \$95 per person if postmarked by March 14
  - \$105 per person if postmarked between March 15 and April 5
  - \$115 per person if postmarked between April 6 and April 30
  - \$125 per person if postmarked between May 1 and May 5
  - \$135 per person week of clinic (Space Permitting)

**Fee covers all beginning group instruction for the weekend. Sorry, no refunds.**

Name \_\_\_\_\_

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

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

Address \_\_\_\_\_

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

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

Please make check payable to **Bonnie Stein**

**Mail to: Christy Franklin  
306 RL Honeycutt Drive  
Wilmington, NC 28412**