

RACE WALKING REVOLUTION WEEKEND CLINCS

May 11th & 12th at Michael Tighe Park, Freehold NJ

All attendees will experience hands on coaching, in addition to the many well prepared lectures covering technique, training philosophy, nutrition, injuries, and full-body strength workouts. Hosted by Freehold Area Running Club and conducted by Jeff Salvage and a National Team member. Jeff's unparalleled photographs / videos of the world's best walkers and critique of their style provides unique insight into the upper echelon of race walking. All participants will not only receive individualized attention and feedback, but will also receive an email version of their images with the critiques sketched over top. This clinic will be geared towards both experienced and novice Race Walkers. All participants will not only receive individualized attention and feedback, but will also receive a 16gb custom USB 3.0 drive with your photos and videos on it!

Clinic Dates

Saturday May 11th & Sunday May 12th

Times

Saturday: 9:00 AM - 5:00 PM & Sunday: 8:00 AM - 4:00 PM

Clinic Location

Michael Tighe Park, Freehold NJ
65 Georgia Rd, Freehold, NJ 07728

Contact

Ron Salvio –Salvio17@comcast.net



Clinic Fee

\$190.00 per person (we could easily sell out, so please do not delay)

Note many of our clinics have sold out and attendance is on a first come first serve basis.

5 children or college aged athletes will receive a \$130 discount and only be charged \$60. This is also on a first come first serve basis.



Race Walking Revolution Clinic – Freehold, NJ – 2019

First Name _____ **Last Name** _____
Street Address _____
City State Zip _____
Cell Phone _____ **Email** _____
Signature _____

Please make out check to FARC and mail check and form to:

Ron Salvio
4 Bowie Ct.
Whiting, NJ 08759

Waiver of Liability

I recognize and acknowledge that race walking is a vigorous physical activity and that there are certain risks of injury from race walking. I agree to assume the full risks of any injuries, including death, damages or loss which I may sustain as a result of participating in any manner, in any and all activities connected with or associated with the race walking clinic. In consideration of my decision to participate in the race walking clinic activities, I hereby, for myself, my heirs, executors, administrators, and assigns waive and release any and all rights and claim for damages I may hereafter have against Jeff Salvage, Freehold Area Running Club, Tim Seaman, Ron Salvio, Michael Tighe Park, and Salvage Writes Media of any of said parties for any and all injuries I may suffer by reason of my participation in the race walking clinic and any activities connected with or associated with the race walking clinic. I further attest and certify that I am mentally and physically fit to participate in all of the race walking clinic activities.

I also give Salvage Writes Media the right to use any photographs / video taken during the clinic for any purposes including: promotion, education, etc.

Note, all participants should check with their doctor before starting an exercise program or attending this clinic.

Saturday Schedule

9:00 – 10:30 (Classroom)

Introductions

General Review of Good Technique

10:30 – 12:00

Initial workout

Moderate pace (Photographs are taken)

Flexibility Drills

Stretching for cool down

12:00 – 1:00

Group 1 - Photo Analysis

Group 2 - Lunch - Bring in take out or go out

1:00 - 2:00

Group 1 - Lunch - Bring in take out or go out

Group 2 - Photo Analysis

3:00 - 5:00

Technique Workout

Sunday Schedule

8:00 – 9:30

Video tape session and technique session.

9:30 – 10:30 (Classroom)

Shoe Selection

Basic Nutrition, Race Strategy, Injuries

10:30 - 11:15(Classroom)

Training Program Lecture

11:15 – 12:15 (Classroom/Lunch)

Video Evaluation (Group 1)

Lunch (Group 2)

12:15 – 1:15 (Classroom/Lunch)

Video Evaluation (Group 2)

Lunch (Group 1)

1:15 – 2:15 (Classroom)

Evaluation of Elite Race Walking Photographs

2:15 – 4:00

Last Workout – Putting it all together