

## TARANAKI RACE WALKING CLUB

## TARANAKI OPEN WALKS MEGA WEEKEND

#### Dear

The Club would like to invite you and any of your walking friends to our special Mega Weekend of Open Walks and Coaching on 17<sup>th</sup> & 18<sup>th</sup> June 2006 at New Plymouth.

#### **Weekend Format**

Although the weekend is primarily designed for the annual Open Walks, the format has been expanded and will be of interest to walkers, their coaches, intending coaches, judges and intending judges and other officials involved in race walking. The weekend will also accommodate novice walkers and first time race walkers.

### Coaching

The coaches will be involved in a panel discussion and practical sessions on Sunday morning.

#### **Saturday Evening Prizegiving and Dinner**

A group dinner at a venue is being organised by the Club and prizegiving will be built into the evening.

#### **Sunday Coaching**

The coaching will be held at NP Girls High School, Corner of Mangorei Rd and Northgate Rd starting at 9.00am. An earlier one hour pack walk is planned to start at 8.00am from the High School. It is intended to devote the morning to coaching exercises and drills etc. Use will be made of video. It is intended to video each walker during the open walks and provide coaching feedback.

Morning tea and lunch will be provided and is part of the entry cost.

#### **Race Information**

- **Time:** Saturday June 17<sup>th</sup> 2006. All races start at **1.00pm**. Please arrive early to pick up race numbers.
- **Course:** Kaimata Street circuit NP which is off Brooklands Road and borders Brooklands Park. The circuit is 1Km in length and is mostly flat and fast.

#### Introduction to Racewalking Walk

This walk is designed to take advantage of the coaches present and introduce local fun/power walkers (and others) to the art of racewalking. Introduction Walkers will walk a distance they are comfortable with. These Walkers will start at the same time and place as the Taranaki Open Walks and will be advised on their walking technique. They will not be DQ'd.

## Taranaki Open Walks

These are the Club's annual Open Handicap Race Walks.

Men's 15km Open Handicap (Hawera Cup)
Women's 10km Open Handicap (Campbell Cup)
10km Over 60's Open Handicap (Male/Female)
Under 20 5km (Male/Female)
Under 16 3km (Male/Female)

- Race Numbers are to be worn. These can be collected from the start line.
- Required to wear your full and correct Club uniform.
- This is a judged event.

## **Entry Fee:**

Taranaki Open Walks \$15 for all adults (includes afternoon tea, Sunday morning tea and lunch).

\$5 for all students.

Introduction Walks \$5 per person.

Late entries will be accepted on the day but a prior indication of attendance would be appreciated.

#### **Further Details**

Map and any updates about the walks will be posted on the clubs website.

http://trwc.homestead.com/index.html

# Numbers attending the Walks and/or Coaching, Prizegiving and Dinner would be appreciated by 10<sup>th</sup> June 2006. Name: Address: **Phone Number:** Age at Race Date\_\_\_\_\_ E-mail Address Evening meal Saturday: Yes/No No. attending. \_\_\_\_\_ Sunday coaching attendance? Yes/No \*\*\*\*\*\*\*\*\*\* If you intend competing in the Open/Introduction Walks please complete the following Men's 15km Open Handicap Women's 10km Open Handicap 10km Over 60's Open Handicap П Under 20 5km Under 16 3km П Introduction to Racewalking Competitors in the Open Walks must submit: Time Date Last performance over the race distance Last two performances at any distance Performance 1 Distance \_\_\_\_km Time \_\_\_\_\_ Date \_\_\_\_ Performance 2 Distance \_\_\_\_km Time \_\_\_\_\_ Date \_\_\_\_ I will abide by the laws and rules for competition of IAAF. I intend walking at my own risk. Signature: Entry Fee should accompany entry form. Cheques should be payable to: Taranaki Race Walking Club Post to: Race Secretary Taranaki Race Walking Club 4 Motukari Place RD43

**Reply Form** 

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