



# 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.

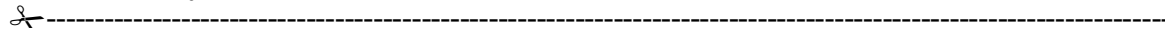
### **Race Information**

- **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.



**Reply Form**

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

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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

Under 20 5km

Under 16 3km

Introduction to Racewalking

Competitors in the Open Walks must submit:

Last performance over the race distance Time \_\_\_\_\_ Date \_\_\_\_\_

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  
Waitara