

2-16-09

**3-TIME OLYMPIAN AND OREGON NATIVE RETURNS TO COACH  
WALKERS AT 14<sup>th</sup> ANNUAL RACEWALK RETREAT**

*New Year. New Venue. New Focus.  
Provides Motivation and Training*

**PORTLAND, Ore.** –*February 16, 2009* –Three-time Olympian and Oregon native Philip Dunn will return to Portland to join a trio of coaches leading the 14<sup>th</sup> Annual NW Regional Racewalking Retreat, set for May 15-17, 2009. This is an exciting 15 hours focused on racewalk training; improving walker's performance for active racing and event training. The weekend is a mixture of walking, training drills and exercises; video taping & camaraderie. The new venue is at the Metro YMCA. 2831 SW Barbur Blvd Portland, OR 97201 The cost for the weekend-long training clinic is \$275. Register early for a \$25 savings. For more information call 503-282-1677 or visit [www.erofit.com](http://www.erofit.com)

Philip Dunn walks his talk, and talks his walk. He is a 3-time 50K Olympian; 3-time U.S. 50 km champion ('01, '06, '08); 3rd at 1999 Pan Am Games 50 km.

Retreat participants are divided into small groups, based on skill and experience to ensure personalized attention and skill development. Coaching sessions, led by Dunn, Kelly Murphey Glenn, Racewalking Masters Age Graded Award recipient, John Hanan, and Judy Heller, will focus on technique, mobility drills, flexibility, setting fitness objectives, training tips, and more.

Competitive racewalkers will fine tune their technique and form to maximize results & increase speed. New and competitive walkers leave with a renewed appreciation for the challenge and fun of this amazing sport of racewalking.

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