



Fun!
Fitness!
Competition!
Racewalk!

Come Join Us!

PAC holds year-round workouts Wednesday evenings (generally 6:30 or 7:00pm) with a coaching/program support fee of \$12.50. From April through October, the club works out at the University of Wisconsin-Parkside in Kenosha, WI. From mid-October through March, PAC rotates work-outs between the Pettit National Ice Center in West Allis, WI and the UW-Parkside fieldhouse in Kenosha. Check our website for more specific info at www.ParksideAthleticClub.com

Member Benefits

- Weekly coaching from nationally-acclaimed coach Mike DeWitt with support and suggestions from experienced club members
- Daily training schedule designed by Coach
- Overall fitness improvement
- Opportunity for competition at team workouts or at regional and/or national competitions
- Walking companions whose friendship may extend beyond the weekly workouts

Parkside Athletic Club Membership Application

First Name: _____

Last Name: _____

Address: _____

City : _____

State: _____ Zip: _____

Home Phone: _____

Cell Phone: _____

E-mail: _____

Date of Birth: _____

Age today: _____

____Male ____Female

Yearly Membership dues \$35

Club shirt: \$15 __S__M __L __XL

Club jacket: \$45 __S__M __L __XL

Make Checks Payable to: **PAC**

Mail to:

Sarah Frey

2111 N. 90th St.

Wauwatosa WI 53226

For More Information:

www.ParksideAthleticClub.com