



**Race Walking Committee**  
**Michael J. Roth – Chairperson**

To: All USATF-NC Club Coaches  
From: USATF-NC Race Walk Committee  
Date: 3/20/2011  
Re: Support for Race Walking Development

The Race Walking Committee of USATF-NC has put together a program to encourage youth athletes to train and compete seriously in the event of Race Walking in an effort to develop the event within the state. This program will reward serious athletes who undertake the training necessary to become competitive on the national level.

**Requirements:**

- ∞ The athlete must be a member of USATF-NC.
- ∞ The athlete must train regularly with a coach to become a skilled Race Walker.
- ∞ The athlete must compete regularly to master Race Walking technique and improve race performances.
- ∞ The coach must communicate regularly with the Race Walk Chairperson to update on training/racing progress.
- ∞ The athlete's club must include Race Walking in all of their developmental meets.
- ∞ The athlete must compete in the USATF-NC Junior Olympic Championships in the Race Walk.
- ∞ The athlete must achieve a medal winning performance at ONE of the following competitions:
  - New Balance Outdoor National HS Championships
  - USATF Youth National Championships
  - USATF National Junior Olympic Championships
- ∞ NOTE: Non medal winning performances may be considered as well, but they will be evaluated on a case by case basis.

**Rewards:**

Any athletes fulfilling the requirements above will be eligible for the following performance based rewards. All rewards will be reimbursed upon completion and based upon receipted expenses.

- ∞ Paid clinic registration for the athlete to attend the Race Walk Clinic of Excellence in Virginia Beach, VA on September 10-11, 2011.
  - This clinic features the foremost Race Walk author and clinician in the country, Jeff Salvage of [www.racewalk.com](http://www.racewalk.com). Assisting him will be Canadian National Record Holder Rachel Seaman, who has competed in the IAAF World Track & Field Championships.
- ∞ Paid registration for the athlete to compete in the USA 5km Race Walk Championships in Kingsport, TN on Oct 1, 2011.
  - This annual event features many of the top Race Walkers in the US and is a good experience for younger athletes who wish to learn what it takes to compete at slightly longer distances.

**Background Data:**

The Race Walk offers a greater opportunity to excel at the national level than any other event within Track & Field. Most coaches are unaware of the basic concepts needed to take a raw athletic talent and produce a winner in this event. The Race Walk Committee will gladly provide whatever resources it can to assist any program in NC undertake this mission.

So that you have an idea of the performances generally needed to medal in each of these meets, they are included for you.

**New Balance Outdoor National HS Championships**

Boys 1 Mile - 8:00                      Girls 1 Mile - 8:30

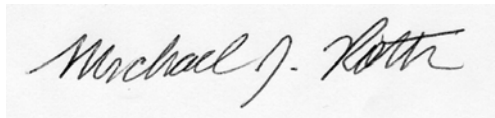
**USATF Youth or Junior Olympic National Championships**

BB 1500 – 10:00	BG 1500 - 10:00
MB 1500 – 10:00	MG 1500 – 10:00
YB 3000 – 18:00	YG 3000 – 19:00
IB 3000 - 18:00	IG 3000 – 18:00
YM 3000 -18:00	YW 3000 – 18:00

Additionally, the Raleigh Walkers will open its clinics and practices to your athletes and coaches to assist in the development of this program. For dates and locations, go to [www.raleighwalkers.com](http://www.raleighwalkers.com).

Should you have an interest in this program, or any questions, please contact me at the email address below.

Yours in sport,



Michael J. Roth  
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