

Attention: All US High School Race Walkers

Re: Continuing to Race Walk while in College

Many of you have taken to time to read the College Race Walking Opportunities article posted online at www.hsrw.net. That letter gives you many options to continue your race walking career while attending the college/university of your choice. Sadly, this still leaves many of you without a way to continue race walking with a team and under a qualified coach, if you are not interested in those schools that support race walking as part of their athletic program.

What other options are available to you? Very few options are open, unless you happen to choose to go to school in the Northeast, or a few other areas with a strong club program.

Where else can you get the coaching and support, while also being able to attend top rated schools? The answer is the Raleigh / Durham area of North Carolina as a part of the **Raleigh Walkers**. Our web site is www.raleighwalkers.com.

What is available in the Raleigh / Durham area for race walking? With the recent relocation of a number of top walking officials, coaches and athletes to the area, race walking is experiencing a steady growth and we are looking to attract dedicated and talented athletes to supplement the growing number of locals taking up the event. There are hundreds of miles of paved greenbelt trails to train on and many racing opportunities too.

What kind of support will be available to me? Most importantly, you will have the coaching services of Michael Roth, who will guide you to achieve all of your race walking goals. Michael is a recognized expert in race walking and has over 20 years of racing and coaching experience to share with you. He is also one of only eight currently active IAAF Race Walking Officials in the USA. Michael was instrumental in the success of many of the top US athletes over the last 10 years. These athletes have won International & National Championships and have set numerous US Records.

Where can I go to school to take advantage of this opportunity? The following top rated colleges & universities are located in the Raleigh / Durham area (also call the Research Triangle): [University of North Carolina](#), [Duke University](#), [North Carolina State University](#), [St Augustine's College](#), [Shaw University](#), [Meredith College](#), [Peace College](#), [Louisburg College](#), [North Carolina Central University](#), [Wake Technical Community College](#) and [Southeastern Baptist Theological Seminary](#). Other schools just outside the area are: [Barton College](#), [East Carolina University](#), [Mt Olive College](#), [Campbell University](#), [North Carolina A&T University](#), [University of North Carolina at Greensboro](#) and [North Carolina Wesleyan College](#). Having multiple academic options assures that you will find the school that has the best program to fit your learning desires. *Forbes magazine also ranked the area as the #1 place to live in the US.*

What is the plan for success? First, you need to find the right academic environment to assure life long success in whatever career you choose. Second, having access to a growing and dynamic training group, your team, will assure that you also achieve athletic success beyond your wildest dreams. Third, dedicating yourself to meeting both of these challenges will require some sacrifice, but the rewards will be tremendous.

What is the goal of this program? To keep young talented athletes race walking so that the US can once again be considered a strong nation in the event. To develop you athletes into champions, in both mind and body. To build a program that is the model for other communities around the country to follow & emulate. This formula is a proven one and will work here, but one ingredient is missing... **YOU!**

For further information, email Michael Roth, Coach of the Raleigh Walkers at michael@mjroth.com, or visit our web site at www.raleighwalkers.com.