

Introductory book about Racewalking for Elementary School age children, age 7 and up.

Tom Eastler has written an introductory book about racewalking for elementary school age children, age 7 and up. Six thousand five hundred (6500) copies will ultimately make in to the hands of 3rd, 4th, and 5th graders in South Texas. The elementary school teachers will be instructed in how to Racewalk and how to teach racewalking to their students. Tom's book will be the basis of the curriculum whereby the students become familiar with many of the concepts of good technique by reading about the class leaders Alex and Maria who don't like the idea of racewalking at first but then become strong supporters of and participants in the event by the end of the brief story. Mark Dennett, former racewalking athlete, and student of Tom's, and now a 3rd grade teacher along with a colleague of his helped format the lesson plans for the curriculum. Teachers will first read the book to the students and then each student will get their own copy to read along with the teacher. There will be buddy reading and interpretation and discussion of what they read. By mid-week of the first of three weeks of lesson plans the students will have taken the book home to read to their parents and friends, and will have watched a specially made DVD which shows 8 to 15 year old racewalkers from the South Texas Walking Club doing the various exercises and drills that the kids will be learning in gym. The last two days of the week the children will be racewalking with close attention of the teachers and PE instructors. The following two weeks will be devoted to increasing the level of perfection of their racewalking technique. In early January many of the 3rd graders will participate in the world's largest 3rd grade Racewalk event to be held in Pharr, Texas under the guidance of coach AC Jaime, Tom's very close friend and colleague.

Tom is President and Chief Executive Officer of the North American Racewalking Institute (NARI) and AC is Treasurer of NARI.

Jeff Salvage of [www.Racewalk.com](http://www.Racewalk.com) is currently making a flash animation with voice over production of Tom's book which will be available to view for free in a few weeks. Libraries and schoolrooms can use this animation to help the kids read the book. on their own.

"Racewalking! Fun? Alex and Maria Discover Racewalking" is the first ever topical book on racewalking for elementary school age children and forms the nucleus of an ambitious 6 year program to introduce racewalking as a scoring event in Texas outdoor scholastic track and field meets. The link below will take you to the publisher and show you the cover and a page or two of illustrated text from the book. It can be purchased directly from the publisher or on Amazon.com or Barnes and Noble Books:

<http://dragonfeatherbooks.wordpress.com/our-books/racewalking-fun/>  
<http://search.barnesandnoble.com/Racewalking-Fun/Tom-Eastler/e/9781934452073/?itm=1>