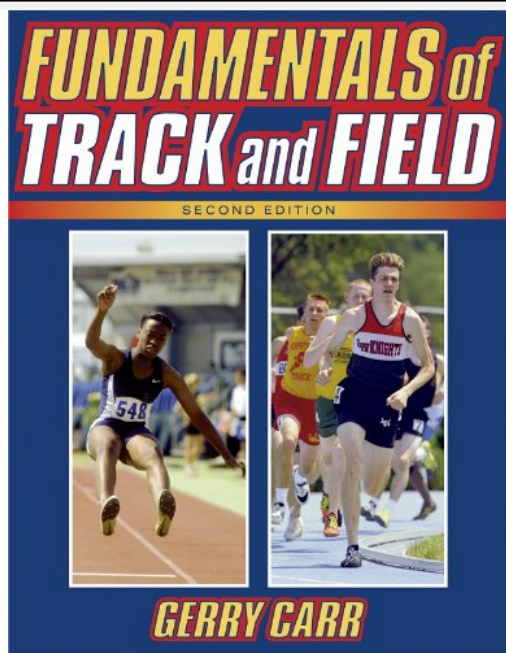

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Book Synopsis

This edition teaches the basic skills for all track and field events, including a chapter devoted solely to race walking. Gerry Carr emphasizes learning the events in a series of progressions, from the most basic elements to the more advanced concepts.

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