

As the Diamond League winds down, Walter Dix, one of America's elite sprinters, talks of his current condition, future, and setting new goals for himself as well as the sport in the United States

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August 02, 2013, 8:58 am -- /[EPR NETWORK](#)/ -- "I can't believe I stumbled like that...but thankful health is back....", are just some of the words that Dix tweeted after his off form 100m performance in Zurich this past weekend. Though he stumbled out of the blocks, Dix was still able to recapture enough form to stop the clock at a season's best 10.07 into a slight headwind against six of the eight 100m finalists from Moscow.

He had not raced for almost two weeks prior to Zurich as he has been training and continuing rehab from the slight strain suffered in Des Moines at USA's. He strategically ran low-key races since then in order to test his body and rehab properly, while slowly regaining his competitive edge.

"I had to take some time to completely heal and not rush myself back to the track to soon. I just had to be patient in order to come back ready to run again. I want to show the young people who follow the sport that to do it right, it takes a little time, and patience."

It has been a long season for the free agent, but he has been gradually building up his form and health in order to finish out the season on a positive note.

"I'm healthy now and just looking to finish the season strong and positive while having a little fun in the process. I've had a lot of support from family, fans and friends and I owe it to them to get back on the track ASAP!"

With the final Diamond League meeting approaching in Brussels this Friday, September 6th, Dix looks to continue his comeback trail.

"We hope to compete in Brussels, Rieti, and probably shut it down until next year. He has been hard at work this season, building his body up, taking stock of the direction that the sport and its athletes must go towards not only for the fans, but also the sport itself. He's a fighter and anybody who really knows Walt, knows that he doesn't give up easily at all" said his brother Washington. "We set out a plan for this season, and I believe, given the circumstances faced throughout the season, Walter will ultimately get the job done!"

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