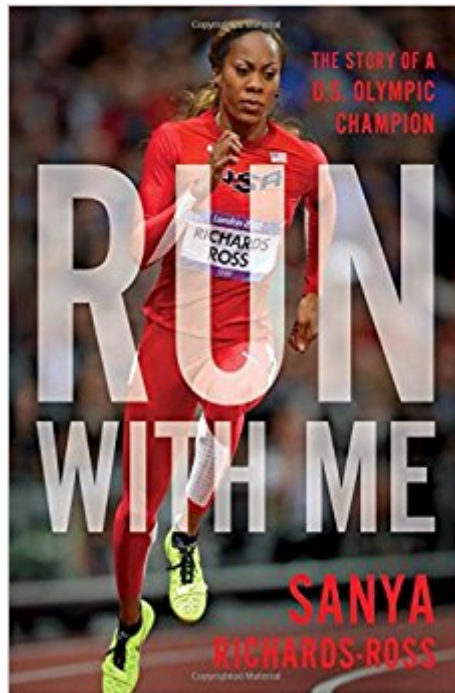




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Run With Me: The Story Of A U.S. Olympic Champion



Synopsis

For as long as four-time Olympic gold medalist Sanya Richards-Ross can remember, life has been measured in seconds—the fewer, the better. The Jamaican-American sprinter has been a star track and field athlete since she first began racing, ranking No. 1 in the world and bringing home Olympic and World Championship accolades. A role model for runners around the world, Sanya's incredible success is matched only by her spirit both on and off the track. From her early days running in Jamaica to her final race, Sanya shares the importance of determination, courage and faith. She uses the 4 Ps—push, pace, position and poise—a model created by her coach, Clyde Hart, to approach and tackle every obstacle. In her book, Sanya reveals how these strategies have helped her and will help kids learn how to run their best race in life. *Run with Me* is Sanya's story—her wins and her losses—chronicling her unique triumphs and trials with fame, family and faith. Written purposely for the 8-12 audience, this book will inspire kids to pursue their dreams at full speed. *Run With Me* has a beautiful embossed cover.

Book Information

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Age Range: 8 and up

Grade Level: 4 - 7

Customer Reviews

Sanya Richards-Ross is a Jamaican-American track and field athlete who competes internationally for the United States. She is the fastest American woman in history at 400 meters and the winner of multiple Olympic gold medals. Off the track, Sanya is an entrepreneur, TV personality, public

speaker, and humanitarian. She designs and executes sports clinics across the United States to educate, empower, and teach youth with tools and strategies to excel both on and off the track. Sanya is married to two-time Super Bowl champion Aaron Ross and they live in Austin, TX. ã ã

A story written for younger students but still interesting to adults. Similar to her other book but content focused to students.

A great ãfÂcã â ãâ ã read for the young runner.

Awesome book for young people especially those aspiring athletes.

From a young age, Jamaican-American sprinter Sanya Richards Ross has been chasing the clock. Starting at the tender age of 7 years, Richards Ross felt at home on the track. With a supportive family behind her, she quickly moved up the ranks, finally becoming No 1 in the world and on the road to the Olympics. Through it all, her gaze never wavered from the one who gave her this gift. And throughout this memoir she continually turns her story back to the Lord. Based on the 4P's of her training and preparation (push, pace, position, and poise), Sanya Richards Ross tells her story of young racer, immigrant, record breaker, and finally Olympian. From the heartbreak of Jamaican boos to the triumph of a victory lap, her story honestly tells of both the highs and lows of track and field. Purposely written to an 8-12 year old audience, Run with Me is a story meant to inspire a generation to pursue big dreams without losing their faith. Having two kiddos within the 8-12 year old range, I was excited to review this book. I was even more pleasantly surprised to see how much focus there was on following the Lord. Every step of the way, Richards Ross brings us back to how the Lord gave her speed and she wanted to use it to glorify him. She shares about her own self-doubts and hard work that put her on the path to the world stage, and how she ultimately made peace with God's love outside track and field. A few days ago, I put this book in my 9 year old daughter's hands. Typically she loves historical fiction, but she's a dancer and I thought she'd appreciate the focus on training and sacrifice. Needless to say, she's actually enjoying it and especially likes the focus on growing with the Lord. It's exciting for me as a mom to see good books out there, encouraging our kids to work hard, go for their dreams, but still find their identity in the Lord. This is one such book. Highly recommend it for the preteen, early teen years. *Disclaimer: I received a free copy of this book from the publisher. All opinions are my own.

The Story of a U.S. Olympic Champion I had never heard of Sanya Richards-Ross before I read this book, which I suppose is not that surprising as I don't keep up with athletes and their performances all that much. I will have to say that, after reading this book, I am very impressed with the dedication and hard work required of someone who makes running their career. Let's be honest here, I hate running. I am out of breath before I've run 10 meters, much less 400 meters, so the story of Sanya and her dedication to running since she was 9 is impressive to me. This book was written with the 8 to 12 year old audience in mind. It's been awhile since I've been that age and I don't have any children that age to use as a comparison. I thought the book was definitely written in easy to understand language. I would say that some of the concepts seemed like they might be a bit hard to understand, especially for an 8 year old, concepts about God's grace and things. On the other hand, the personal discipline that Sanya had at that age would be a great challenge for that age group to emulate. The book was about 99% about her running and her races and her championships which could get a little boring for this age group. I did enjoy the book, but I wouldn't have minded hearing about other parts of her life, things she did besides running, what Sanya's doing now, and so on. That would have added a bit more interest for me. But again on the flip side, I really liked how Sanya brought God into the running aspect of her life. She relied on Him in her races and made comparisons of how the various aspects of racing can be applied to the race of life. All in all, it's a good book and will go into my library of children's books and I will hope that in a few years my own children will enjoy reading it. This book was given me by BookLookBloggers. I was not required to write a positive review.

About the Book: For as long as four-time Olympic gold medalist Sanya Richards-Ross can remember, life has been measured in seconds. The fewer, the better. The Jamaican-American sprinter has been a star track and field athlete since she first began racing, ranking No. 1 in the world and bringing home Olympic and World Championship accolades. A role model for runners around the world, Sanya's incredible success is matched only by her spirit both on and off the track. From her early days running in Jamaica to her final race, Sanya shares the importance of determination, courage and faith. She uses the 4 Ps—push, pace, position and poise—a model created by her coach, Clyde Hart, to approach and tackle every obstacle. In her book, Sanya reveals how these strategies have helped her and will help kids learn how to run their best race in life. My Review: Sanya Richards-Ross has come a long way since her days growing up in Jamaica. She has done outstanding competing in the Olympics and becoming a four time Gold medalist to boot. She says

with our young people the things and ideas that caused her to grow not only physically but mentally and spiritually. She uses the 4 Ps—push, pace, position and poise—a model created by her coach, Clyde Hart, to approach and tackle every obstacle. Sanya takes our children through the things that helped her achieve her goals so that maybe she can mentor them into being great human beings that put God first in their lives. A great story about overcoming and achieving the plans that God sets forth in our lives. ****Disclosure**** This book was sent to me free of charge for my honest review from the author. All my opinions are my own.

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