

Review: Right on Track

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Right on Track: Run, Race, Believe

By Sanya Richards-Ross (Zondervan)

Every four years, the Summer Olympics take center stage. For athletes, including those in track and field, the events represent four years of personal sacrifice and training. In [*Right on Track*](#), Olympic gold medalist Sanya Richards-Ross shares successes and failures, strengths and weaknesses, beliefs and faith.



The story begins with a little girl in Jamaica whom God gave a body made for running. Sanya won her first race at age 7 and excelled in school. Her mom and dad wanted their daughters to earn college scholarships. So, the family moved to Florida. Shari and Sanya weren't happy, but their Aunt Maureen and cousins helped the transition. In her aunt's Baptist church, Sanya made the decision that changed her life.

Sanya continued to win races and be a straight-A student. On a track scholarship at the University of Texas, she won a national championship in

the 400 meters and met her future husband, football star Adrian Ross. Olympic gold followed in the 4×400 relays in 2004 in Athens and 2008 in Beijing. The 2012 games in London gave her gold both individually and in the relay.

Richards-Ross takes the reader each step through her life, offers honest insights and practical advice based on her faith and closes every chapter with a Right on Track Challenge. A quick read, [*Right on Track*](#) makes a great gift, especially for high school and college students, whether athletes or not, looking forward to the future.

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