



BOOK ANNOUNCEMENT

Don't just run. Soar!

Walk, Run, Soar A 52-Week Running Devotional by Dorina Gilmore Young

As a runner, you work hard to meet your physical goals. But deep down, you long for your training to be a more meaningful experience, one that engages your body, mind, soul, and spirit. *Walk, Run, Soar* is a 52-week devotional and training journal designed for runners (and walkers!) who long to experience God's presence in a deeper way as you pound the pavement or traverse the trails. *Walk, Run, Soar* gets you moving with a new motivation: knowing Jesus more, every step of the way.

Along with weekly devotions to inspire you, *Walk, Run, Soar* includes

- practical running and training tips
- training schedules from a triathlon and marathon coach
- advice on how to fuel your body well
- reflection questions and action steps
- space to journal and record your running progress

Whether you are new to running or a longtime runner, this inspiring devotional will motivate you to hit your fitness goals while strengthening your faith.

Get ready to soar!

“The book you are holding in your hands is a powerful guide to help you experience God every step of your journey. It will turn your attention away from the lesser goals and toward the greatest goal: experiencing God on the run.”

—from the foreword by Olympian Ryan Hall

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Dorina Gilmore Young is a writer, speaker, former news reporter, and long-time runner. She blogs at DorinaGilmore.com and is a contributor on DaySpring's (in)courage writing team. Dorina's husband, marathoner and Ironman triathlete **Shawn Young**, provides the practical running tips in *Walk, Run, Soar*. Together, the Youngs coach cross-country, track, and marathon teams. They live in California, raising three daughters to love the cultural diversity, beautiful landscapes, and unique food of the state.