



## SAMPLE INTERVIEW QUESTIONS



**Walk, Run, Soar**  
by Dorina Gilmore Young with Shawn Young  
Trade Paper ISBN: 978-0-7642-3605-1  
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1. *Walk, Run, Soar* is a yearlong devotional made for runners. Dorina, talk to us about when and why you started running.
2. Would you mind telling us a little bit about the grief you experienced when your husband died? How did that affect your running and your relationship with God?
3. The Old Testament talks a lot about courage. What is biblical courage? What has running taught you about courage?
4. In one of your devotions, you talk about running *through* hurdles rather than over them. This is such a great way to connect running with the Christian walk. What should our focus be as Christians when we encounter a hurdle?
5. In another devotion, you talk about having the proper gear—the shoes, socks, and clothes that suit your environment. What “gear” do we need and have as Christians?
6. Trusting your coach is a huge part of training in running and really in any sport. How do we see this mirrored in Scripture? Who have been some influential coaches in your life?
7. You talk a lot in the book about the importance of rest and self-care. How are these related to the practice of running or regular exercise? How do you see running as soul care?
8. Tell us about the “faith steps” included at the end of each devo.
9. You also include a chart to log miles each week. What are some ways that we can similarly “measure” our faith walks?
10. What is your prayer for the runners who pick up this book?
11. What advice can you offer to someone on the edge of starting something new—maybe it’s running, tennis, or another sport, but maybe it’s a volunteer position at church or a job that God is calling them to?
12. Where can our audience go to connect with you and purchase a copy of *Walk, Run, Soar*?

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