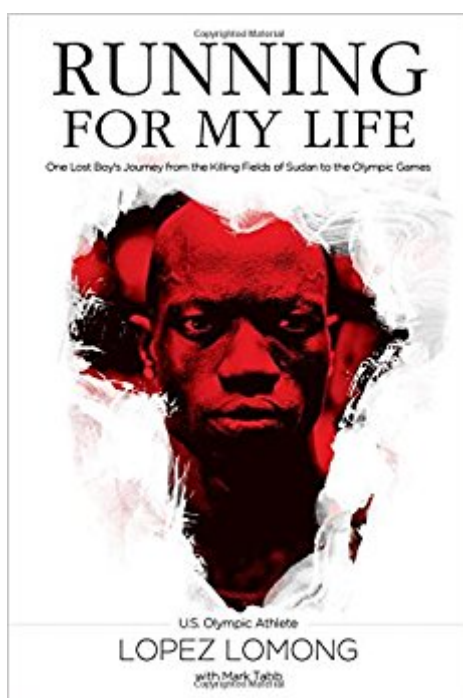


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# Running For My Life: One Lost Boy's Journey From The Killing Fields Of Sudan To The Olympic Games



## Synopsis

Running for My Life is not a story about Africa or track and field athletics. It is about outrunning the devil and achieving the impossible faith, diligence, and the desire to give back. It is the American dream come true and a stark reminder that saving one can help to save thousands more. Lopez Lomong chronicles his inspiring ascent from a barefoot lost boy of the Sudanese Civil War to a Nike sponsored athlete on the US Olympic Team. Though most of us fall somewhere between the catastrophic lows and dizzying highs of Lomong's incredible life, every reader will find in his story the human spark to pursue dreams that might seem unthinkable, even from circumstances that might appear hopeless. "Lopez Lomong's story is one of true inspiration. His life is a story of courage, hard work, never giving up, and having hope where there is hopelessness all around. Lopez is a true role model." ?MICHAEL JOHNSON, Olympic Gold Medalist "This true story of a Sudanese child refugee who became an Olympic star is powerful proof that God gives hope to the hopeless and shines a light in the darkest places. Don't be surprised if after reading this incredible tale, you find yourself mysteriously drawn to run alongside him." ?RICHARD STEARNS, president, World Vision US and author of The Hole in Our Gospel

## Book Information

Hardcover: 240 pages

Publisher: Thomas Nelson; 1 edition (July 16, 2012)

Language: English

ISBN-10: 1595555153

ISBN-13: 978-1595555151

Product Dimensions: 6.3 x 0.9 x 9.2 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 608 customer reviews

Best Sellers Rank: #92,150 in Books (See Top 100 in Books) #6 in [Books > History > Africa > Sudan](#) #24 in [Books > Sports & Outdoors > Miscellaneous > Olympic Games](#) #380 in [Books > Biographies & Memoirs > Sports & Outdoors](#)

## Customer Reviews

"The story of a former Lost Boy of Sudan is really a journey, one that takes Lopez Lomong from his life as a 6-year-old boy in a refugee camp to a whole new world as a teen in the United States. How he gets to America is an amazing story, but even more amazing are the new wonders and possibilities of his new life here. Brandon Hirsch's narration focuses on all the emotions of

the loquacious Lopez—especially fear, incredulity, and pride. As Lopez—an exceptional athlete and a devout Catholic—writes of his struggles and accomplishments, Hirsch's narration is always right there with him. As a team, they're like two runners on an even pace around a track, never breaking stride and waiting for that final kick." M.B. © AudioFile Portland, Maine --This text refers to the Audio CD edition.

Lopez Lomong was born in Kimotong, a small village in southern Sudan, in 1985. Taken by rebel soldiers from the Sudan People's Liberation Army at age 6, Lomong embarked on the long journey from refugee camps to the world's largest athletic stage—the Olympics. Founder of the Lopez Lomong Foundation, Lomong spends each day working to improve the lives of children in his homeland. Mark Tabb has authored or coauthored more than thirty books, including the number one New York Times bestseller, *Mistaken Identity*.

This would be a great story if it were fiction. The fact that it is real just makes it that much more compelling. I bought this book for me, because I am a runner and have spent some time in East Africa. However, I haven't even read the whole book yet. My wife seized it, read it in a day, and has been reading excerpts to my children, who are also captivated by the story. I read 2 chapters tonight to my seven year old son, who was begging for me to go on. I am really looking forward to reading the bits I've so far missed! Lomong's story has tragedy, hope, triumph, and humor- his stories about some of his first experiences in the US are simply hilarious. Lopez Lomong is among that class of young Africans like Meb Keflezighi (*Run to Overcome*), Valentino Deng (*What is the What*, by Dave Eggers), and William Kamkwamba (*The Boy Who Harnessed the Wind*) who have compelling life stories (and books), and who will (I hope) continue to make the world a better place. Read this book!

If, after reading the first one-fifth of this book, you don't feel incredibly RICH, then you probably weren't paying attention. Lopepe (the author) has such a work ethic and indomitable spirit and joy in life, you can't help but be inspired by him and his story. All of us should read this book, and take from it a major lesson in how to adjust our own lives, how to dream, how to work, how to set a goal and build our own determination to reach it, regardless of obstacles or hardships. I promise, after reading even the first part of this book, you will think twice before you complain about something as inconsequential as someone getting your parking space or the fast food server forgetting your "no mustard" instruction for your hamburger.

I originally read this book as a way to support Lopez- My father's cousin, Robert Rogers, and his wife, Barbara, helped to raise Lopez into the incredible young man he is today. I read it as a way to connect with my family. However, as I read Lopez's story of his life, I quickly became drawn into reading. I was intrigued to learn more about the Sudanese civil war and the rebel army. Lopez's ability to describe his experience as young child is inspiring and incredible. I found myself reflecting on just how many situations I take for granted in my own life and reevaluating my priorities. His use of humor is well timed and easily relatable. The messages of hope and faith in God are strong throughout the entire book and make the book a great read. Without any reservation, I highly recommend this book to anyone- a sports fan, a history fan, someone who has a heart for helping improve living conditions in third world countries, or someone just looking for an easy and enjoyable read.

Such an inspiration book on so many levels, from what it means to love our country and to be an American, the opportunities we have that we take for granted; what true faith in God looks like when you submit to him; down to the basic survival of life and how to overcome obstacles we can't even imagine! I couldn't stop reading this book, his story made me cry tears of sorrow and tears of joy in several spots. A great read for everyone from young to old everyone can relate to this story and be inspired on some level.

If this book doesn't move you emotionally, nothing will. The desire to not only survive but to excel was evident from the first page to the last. The Lost Boys of Sudan is a tragic situation and this book demonstrates the good that can come from those who are able to escape the killing and imprisonment of boys and young men.

It's been a long time since I've read a memoir that choked me up like "Running for My Life" by Lopez Lomong. When he was six, Lomong was ripped from his mother's arms by rebel soldiers in South Sudan. He was held in captivity in harsh conditions until he could be trained as a child soldier. But he and his "three angels" escaped, ran for three days, and ended up in a refugee camp in Kenya, where he lived for the next ten years. The conditions in the camp left much to be desired and was only one step above the imprisonment he escaped from. Lomong's favorite past-time while in the camp was soccer, but there were so many boys wanting to play, they decided that they had to run one lap around the camp first. The lap was eighteen miles. He was finally given the chance to emigrate to America. All he had to do was write an essay - in English. He only spoke Swahili and

the only school lessons he had were scribbled in the dirt with his finger. But as with all the roadblocks he faced in life, he overcame this one too. To make a long story short, he made it to the U.S., graduated from high school on time, ran track in college, and made it to the 2008 Olympics in Beijing. Now he spends his time helping other "lost boys" from Sudan realize their dreams. This is an amazing story, one that fills me with hope and proves that anything is possible. After reading "Running for My Life", I can no longer complain about the unfairness of life or use any excuse for not realizing my own dreams. And it makes me proud of my country, especially to see it through the eyes of this "lost boy" from Sudan. Review Written by David Allan Reeves Author of "Running Away From Me"

I enjoyed reading this story, one of challenge, triumph, and immense faith. His story shows that everything is indeed possible when we believe and then work to achieve the dream in which we believe. Well done!

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