

# How Fast is Fast?

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Allyson Felix did not think that she was fast when she was younger. She spent a lot of her time playing basketball with her friends and trying to keep up with her older brother, Wes. Since Allyson was comparing herself to her brother she never felt like she was that fast.

She started in track and field in her freshman year of High School. She made it to the state championship and finally realized that God had given her a gift- the gift of speed.

She has always placed God first in her life. Her parents had a small group in their home when she was growing up and she would help out by watching the children whose parents were attending. She would like to teach children some day.

She won the silver medal for the 200 meter in the 2004 Greece Olympics. She recently won the relay gold medal and the silver medal for the 200 meter in the 2008 Olympics. The best part about Allyson is that she cares more about God than running races. In a recent interview she said, "Running is definitely a gift from god and I feel like this is what He's called me to do. Whatever I can do to bring someone to Him, whether it's through my actions or if I'm able to say something to affect someone, I realize that's what He's given me the gift for."



Allyson's personal record for the 200 meters is 21.81 seconds- that is less than half of a second off the world record. At her rate of speed here is how she would rate to other fast things.

**Allyson vs. Machine:** A minivan may start slow, but will do 100 mph or more. Victory: minivan.

**Allyson vs. Beast:** The cheetah is the fastest land animal and can sustain 70 mph for more than 400 meters. Allyson's best 200 meter is 20.5 mph Victory: Cheetah.

**Allyson vs. Man:** Tyson Gray from the US won the 200 at the world championships. His speed was 19.76 seconds. Allyson's time was 21.81. Victory: Tyson Gray

**Allyson vs. Humanity:** Top speed of an average in shape human is 15 mph. Victory: Allyson



How about you? Is there some dream that you have? Do you feel like you want to accomplish something in your life? Maybe the Lord has called you to be a minister, a missionary, a teacher, or another profession. Did you know that if the Lord has placed the calling in your heart that he will open up the doors for you to fulfill it? Whatever dreams you have HE can help you bring them to pass.