



Little People, BIG DREAMS®

Little People, BIG DREAMS®

I Can Sprint to Success



Frances Lincoln

I Can Sprint to Success



Usain Bolt

Quarto

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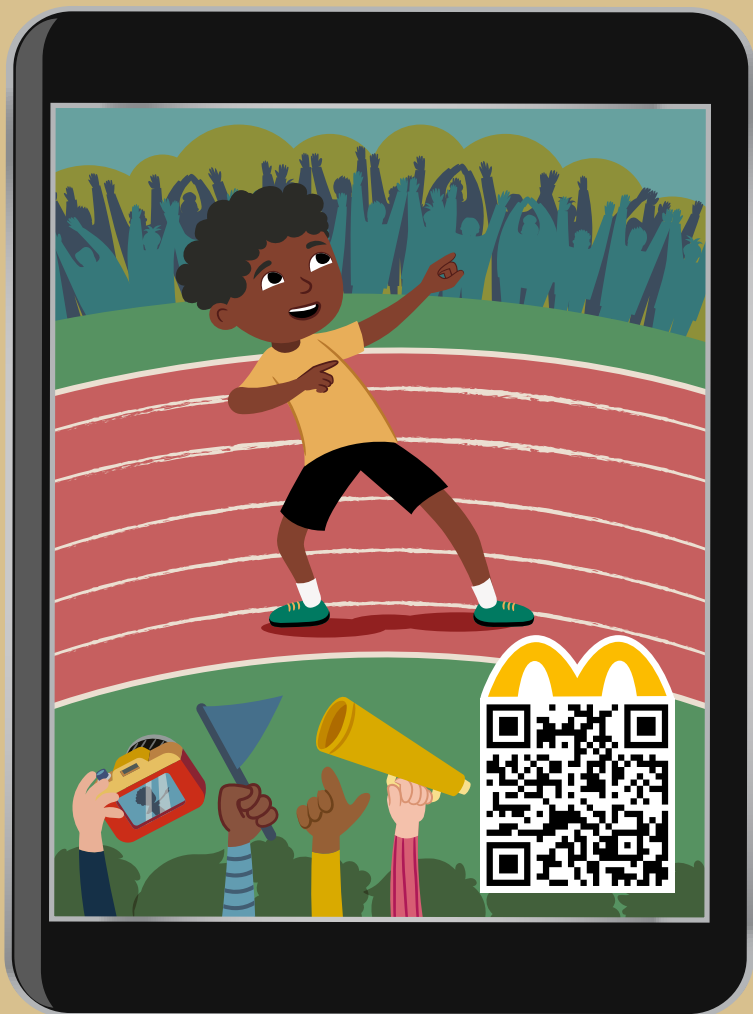
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You're about to meet
one of the world's greatest
sprinters. Usain had hopes,
fears, joys and challenges
– and his own unique dream.

His story shows that if you follow
your own dream and believe in
yourself, you can do anything!



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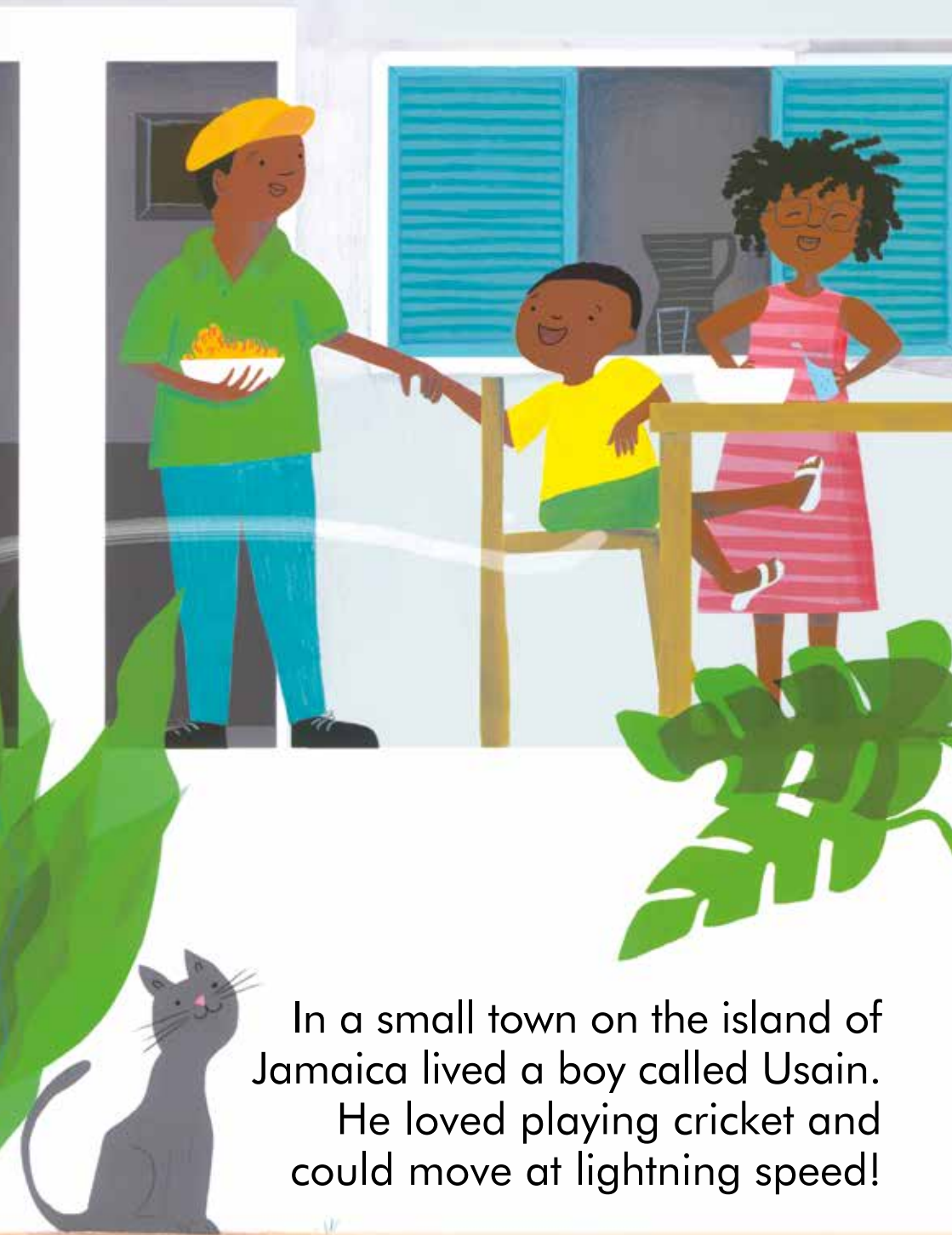
I Can
Sprint to Success
USAIN BOLT



Written by
Maria Isabel Sánchez Vegara

Illustrated by
Karen Crosbie





In a small town on the island of
Jamaica lived a boy called Usain.
He loved playing cricket and
could move at lightning speed!

One day, at school, his cricket coach suggested he join the athletics team.
Usain decided to give it a try.





Soon, he was winning lots of races and got a chance to move to the capital city, Kingston, to train with the country's best athletes.



At fifteen, he ran his first race against the best athletes in the world who were under twenty years old.



Usain felt so nervous that he almost ran with his shoes on the wrong feet. Still, he won!



Usain loved competing but he didn't
enjoy training nearly so much.



Instead of working on his running technique,
he preferred to hang out with his friends.

His dreams took a hit when he suffered an injury and didn't qualify for the final of the world's biggest sporting competition. Usain had to work hard to overcome his injury.



Yet he learnt a valuable lesson: success requires not just talent, but dedication too.



From that day forward, he gave
his best in training to become
a 200-metre champion.





Still, he dreamt of running the 100 metres,
the shortest and fastest distance of all.



When the world's most important sporting competition took place again, Usain was ready.

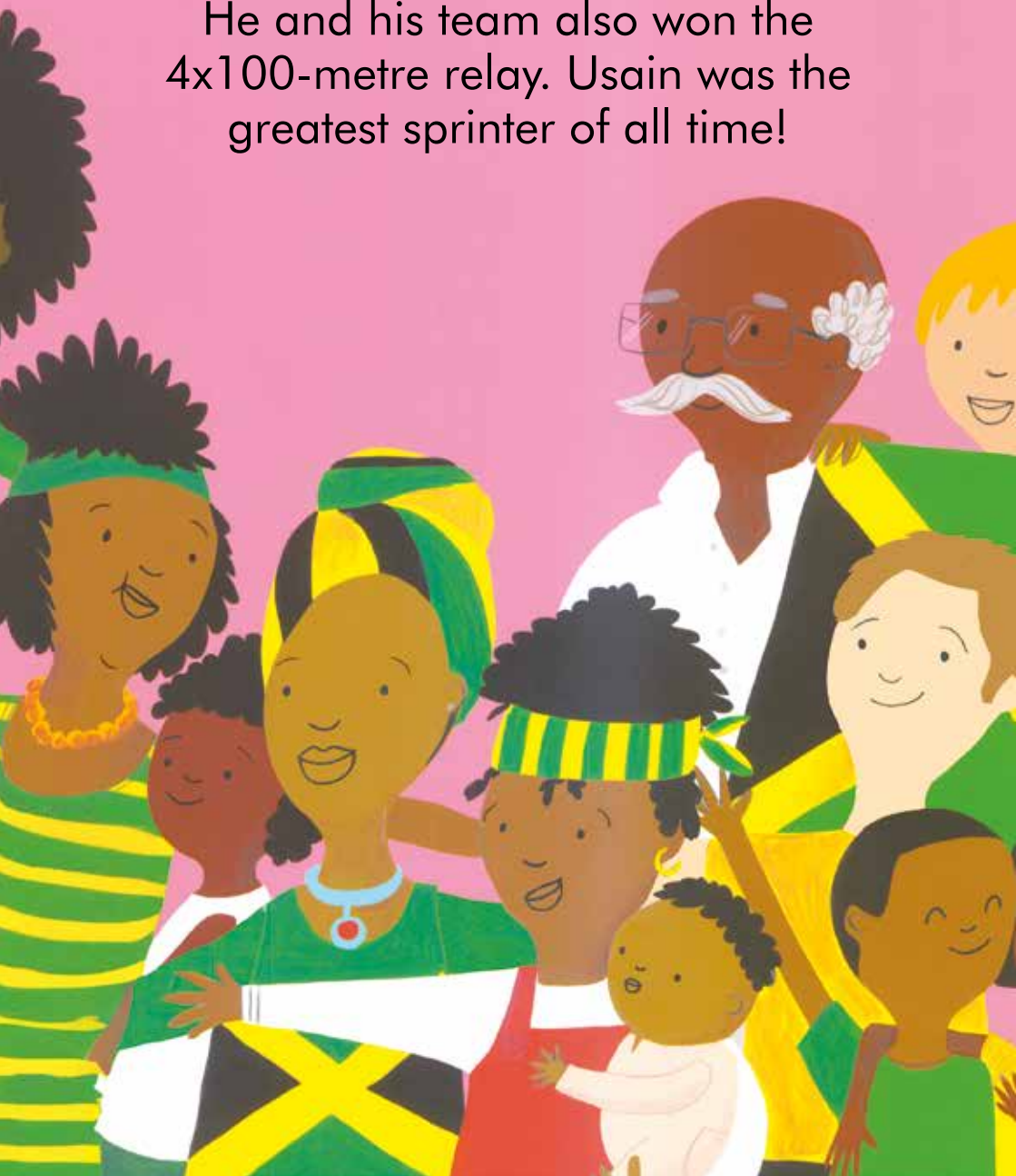


He won gold in both the 100-metre and 200-metre races! From then on, fans around the world called him 'Lightning Bolt'.



Next, he broke his own world records in the 100-metre and 200-metre races, running faster than anyone before.

He and his team also won the 4x100-metre relay. Usain was the greatest sprinter of all time!



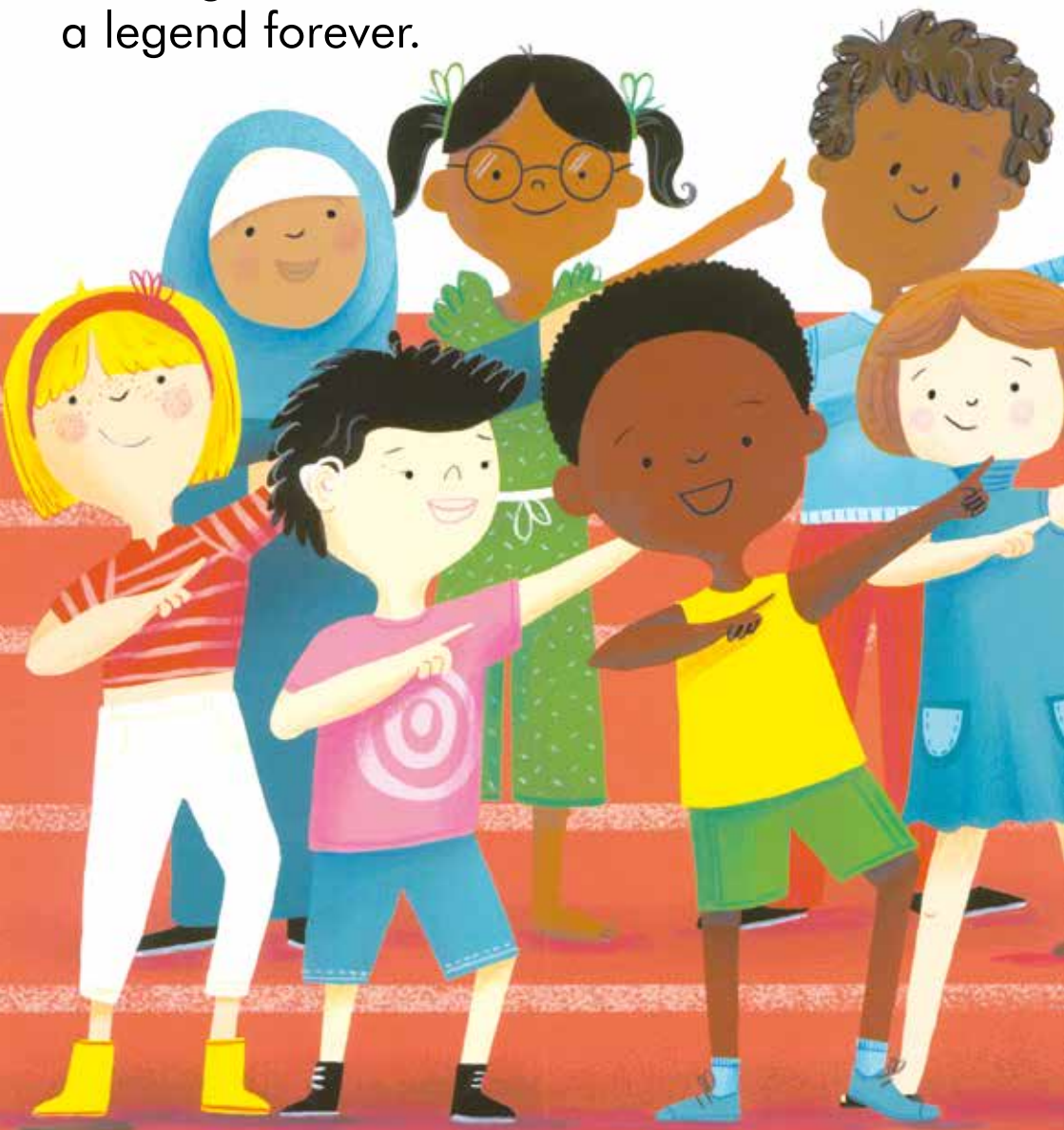


On the track, he enjoyed entertaining fans with his poses and dances.



And back home, he started a foundation that supports children and schools.

Still, today, his fans all over the world thank him for the joy he brought to sport. The journey was long for little Usain, but chasing his dreams has made him a legend forever.





Glossary

Technique – the skill needed to do an activity

4x100-metre relay – a race in which a team of four athletes each run 100 metres

Sprinter – an athlete who races over short distances

Foundation – an organisation set up to help a particular group of people

Little People, BIG DREAMS®

I Can **Sprint to Success**

Discover the lives of outstanding people,
from designers and artists to scientists.
All of them achieved incredible things, yet
each began life as a child with a dream.

Little Usain took up sprinting in school.
By training hard and dreaming big,
he won gold medals, broke world records
and delighted fans, becoming known
as 'Lightning Bolt'.

www.littlepeoplebigdreams.com

