
Usain Bolt – An Inspiration To All

11 times world champion.

9 times Olympic champion.

4 times laureus world sportsman of the year.

The jamaican superstar Usain Bolt has become a household name and global icon who has come up the ranks to be undoubtably one of thee greatest athletes of track and field athletes of all time.

The image used is this meme was captured by photographer Cameron Spencer during one of the Rio Olympic Games track and field 100 meter semi final heat events just before Usain Bolt went on to make history by adding to his gold medal tally with a 7th successive gold medal in 100meteres to later on retiring his with a staggering 9 Olympic gold medals.this meme perfectly captures how far ahead Usain Bolt is ahead of his competitors and making it look easy.

Growing up in a poverty stricken Jamaica, Usain Bolt was destined to work hard to improve the lives of his family and himself. His parents managed to make ends meet by managing a shop where mostly grocery was sold.

In his high school days he was more of an cricketer more than he was of a 100 metre sprint athlete, but his cricket coach at the time felt that Usain was a better athlete than a cricketer and encouraged him to join the sport of track and field he went through a series of ups and downs in his junior career which included not emerging victorious in the 2001 iaaf world youth championships to qualifying to take part in the 2004 Olympic Games at the tender age of 18.Years later bolt became a dominant figure in the sport of track and field breaking record after record and setting some of his own too.

Justin Gatlin of the United States who is also a track an field athlete who has been apart of the famous rivalry between him and Usain Bolt says competing against bolt has turned him into a better athlete and human being “when you race against him you come across situations that make you feel like you are the man but you get defeated by a better man, 'I say that because when you are defeated and feel like you were at your best there are only two ways you can react - its either you will feel that you have let yourself down or you take that as a lesson and try to come back stronger.”

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Having won the triple triple and setting a world record of 9.58 seconds in the 100 meter sprint in 2009, making him an Olympic great and world champion.

“Easy is not an option, no days off, never quit be fearless, talent you have that naturally, skills are only developed by hours and hours of hard work”.

Out of the many quotes that Usain Bolt has said this one has spoken truly to me because I am one to work hard myself and produce satisfactory results beyond expectation in most tasks at hand.

Most of the audience like you and me who sit and witness history being made on our small screens often misjudge the work that is put in to become a world champion and record breaker such as putting in the extra hours when no one is watching and executing that on race day to become the absolute best.

I've been personally inspired by this Olympic great to not let my background influence where I'm destined and to always to in the hours and in the end it will all work out. Usain Bolt has been living proof of that and an inspiration to many.

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