
Who Is Allyson Felix?

Allyson Felix is a 4-time Olympic runner competing in the 400m and the 4x400m. born on the 18th of November 1985 Allyson Felix has achieved many great things during her athletic career. Going to her first Olympics at the age of 18 Allyson Felix has won 6 gold medals and 3 silver medals in both events over her big Olympic career. She also competed in the world championships and the pan games. In the world championships she won 9 gold medals 3 silver and one bronze over many years. In the pan games she won 1 bronze medal.

Allyson Felix is a devoted non-denominational Christian and it shines through her sport tremendously. A non-denominational Christian is a person who believes that there is only one god that they call father as taught to them by Jesus the son of Christ. But they do not affiliate with it meaning they can believe or not believe at any time. They do not have to stick to this one religion. This religion seems to separate itself from other religions but despite that Allyson Felix is an avid Christian.

Allyson Felix has claimed that her faith is the reason why she runs. She believes her running is an amazing gift from god and she uses it to glorify him. That's her purpose and if she didn't have a purpose for running she wouldn't. she has many bible quotes that inspire her Philippians 1:21 "for to me, to live in Christ and to die is gain". It keeps her priorities straight and reminds her it doesn't matter if she wins or loses she must remember its Gods plan and that god is the most important thing in her life. Christianity's views sport in a good way if you do it the way god teaches us. 2 Timothy 2:5 tells us "an athlete is not crowned unless he competes according to the rules".

Christianity teaches that playing sport is not bad you just need to be good a player, show sportsmanship and play by the rules. Allyson Felix does just that and gods teachings shine through her running. Allyson Felix has dealt with a lot of good and evil throughout her sporting career. She has dealt with major setbacks such as injury's and a controversial loss when opponent Shaunae miller dove across the finish line. She could have dealt with this in many ways, but Allyson Felix took the loss gracefully because she still benefited from it becoming USA's most decorated woman and she felt good for her opponents win even though he was disappointed she didn't win. She also helps with many organisations such as right to play, children's miracle network hospitals and women's sports foundation. She loves working with children and knows as a female athlete the importance of their work.

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