



Life throws us tough challenges—from the stunning and demoralizing to potentially fatal. My story offers vital lessons learned through visceral and actual life experiences as a runner who broke the 4-minute mile. You'll identify the goals, passions and commitments necessary to achieve a rich life. Runners who are—or want to be, competitive will find that tenacity, discipline, perseverance and providence are key to achieving your best.

Stephen is a tough competitor . . . in the vein of “the will to win is everything” unlike the Lombardi mantra “winning isn’t everything, it’s the only thing.” That will and determination I witnessed as a world-class runner competing against him. Our races on the circuit bring to mind the quote by Sir Matt Busby: “Winning isn’t everything. There should be no conceit in victory and no despair in defeat.” Let’s do battle today at the highest level of sportsmanship . . . win or lose, move on to the next encounter. Stephen’s deep passion to use the God-given talents he was blessed with is revealed in his storied harrier career. From the pathways of Lake Eola in Orlando to the roads of Stockport, England, his accomplishments speak for themselves. Whether one is a runner or not, this book provides an insightful look into the world of competitive running and the inspirational life lessons learned along the way.
—Louis Kenny, former Irish National Marathon record holder

If someone is looking to read a story about running and living life as a strong Christian, then this book would be of great interest. Steve was a very successful high school distance runner when I first met him. I was recruiting him to run for the University of Alabama. He was quite humble then as he still is today, despite many successes. He has raced successfully from the 800 up to and including the marathon. He became the first SEC runner to break four minutes in the mile in the SEC Indoor Championship meet. Steve was great and very easy to coach. He was very receptive to the workouts given to him and would do everything possible to work hard through every part of every workout. Steve was a true leader in all areas for his teammates. I believe Steve’s purpose in writing this book is to share his thoughts and beliefs as he has experienced success in his athletic career, but which also apply to life in general.
—John Mitchell, former coach and 2007 U.S. Track and Field Hall of Fame inductee

When I think about all that Steve has done in his life, I am reminded of the powerful, slow-motion running scene in the movie “Chariots of Fire.” It was about much more than just running a race; it was about the courage, the determination that was so evident on the faces of each runner, and the ability to push one’s aching body to its extreme limit, to the point of having to squeeze out the last ounce of one’s being. As the saying goes, “What we do is less important than how we do it.” Steve’s life stories, described insightfully and vividly in this book, are also about much more than just running. They are about how he did it, the lessons he has learned, and the character he has built through running. It’s More Than Just a Race will encourage you to open your eyes and your soul to learn and benefit from your own life experiences, just as this remarkable athlete, entrepreneur, and one of the most generous and upright Christian men you will ever meet has done through this incredible body of work.
—Ming Wang, Harvard and MIT (MD, magna cum laude); Ph.D. (laser physics); a world-renowned cataract and LASIK eye surgeon