

The Rabbit Rebounds

edited by Karissa Neely

During the USA Track & Field Association Championships in Orem, Utah, June 18, 2011, Akwasi Frimpong, alias GoldenSprint, surprised himself by clocking 10.45 seconds in the 100 meter sprint held at the Utah Valley University Hal Wing track.

Up to this point, Frimpong had been running 10.71 seconds in the 100 meter sprint, and attributes his latest improvement to solidly focused training.

"I have been working on my speed and mechanics for five good weeks. I realized, that for my kind of build, to be a good sprinter, I need to focus more on one event and work continuously on my mechanics," Frimpong said.

His goal is to run the 100 meters in the 10.5s by the end of the summer. To already be there mid-summer is a dream.

For a chance at making the Dutch 4X100 meter Olympic Team, Frimpong has to be ranked within the top six of Dutch

sprinters by the end of the summer. Previous to this last race, he was ranked ninth, but after his astounding performance, he jumped to third.

"If I can keep this up, or even run better, there is a high possibility I'll get on the Dutch 2012 Olympic Team," Frimpong said. "With my improvement in the past two years, I have shown that if you really want something in life, you need to trust in God, believe 100% in your abilities and go for it – even in hard times. I just



needed

help and the right people around me to help me get closer to my goal.”

Frimpong credits training in America for his success.

“In the USA, I have found the right help to improve my 100 meters time from 11.04 seconds in the Netherlands, to now 10.45 seconds,” he said.

Frimpong was the subject of a Dutch documentary film released recently, "De Theorie van het Konijn", or the “The Rabbit Theory.” In the film, his former Dutch Olympian coach, Sammy Monsels, told Frimpong, "As a sprinter, you need to feel like a rabbit in a stadium surrounded by lions, needing to be astonishing just to survive."

After this last success, Frimpong said, “I can say, I am finally becoming the Rabbit my coach also told me about back in the Netherlands.”

Frimpong's next meet will be in the Netherlands during the Dutch Championships on July 30-31.



*Akwasi Frimpong during his warm-up
Photo by Gloria Kajo*