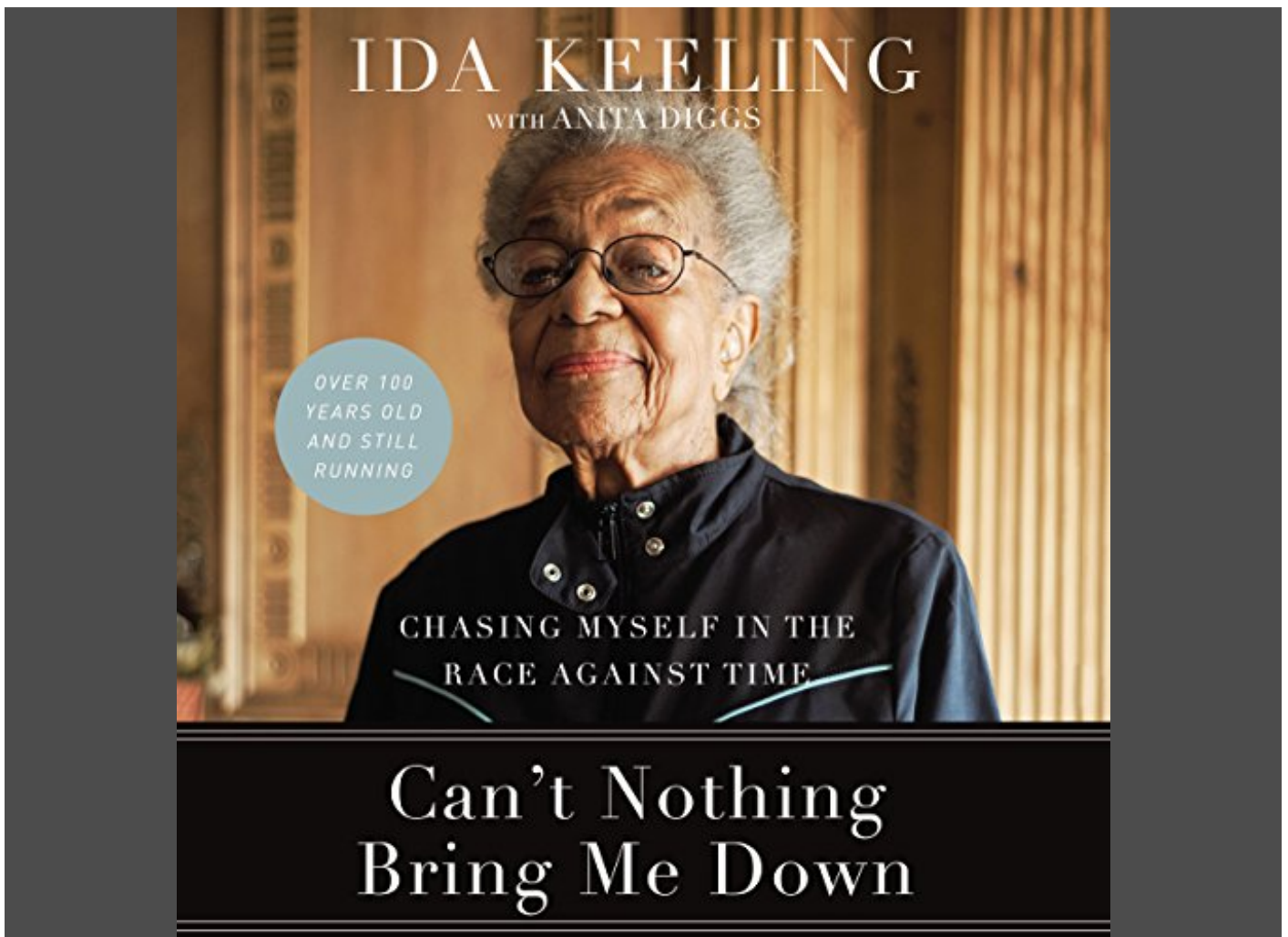


PDF | Can't Nothing Bring Me Down: Chasing Myself in the Race Against Time

by **Ida Keeling**



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Can't Nothing Bring Me Down is the memoir of 101-year-old, world-record-holding runner Ida Keeling. Miss Ida, as she's known throughout her Bronx community, isn't your typical runner. Her fierce independence helped her through the Depression and the Civil Rights Movement. But her greatest trials were yet to come.

Ida's two sons were brutally murdered. Justice was never found. Ida felt like she didn't have the strength to carry on and she couldn't hope anymore. But encouraged by her daughter, Ida put on her first pair of running shoes at the age of 67 and began to chase the paralyzing sorrow from her heart.

Running gave light and new energy to Ida, and since her first race nearly 35 years ago, she's kept running and never looked back. Holding the world record for the fastest time in the 60-meter dash for the 95-99 age group, Ida isn't slowing down. Now she gives us a clear picture of what it means to overcome obstacles.

Ida Keeling shares her inspirational story about growing up as a child of immigrants during the Depression and later raising four children as a single mother. She offers time-tested truths gathered from a lifetime of watching a nation change and from a life-long faith in Jesus. "Every night, I thank him for my many blessings, for his guidance, for his protection", Ida says, "And every night he tells me, 'Miss Ida, you just keep on, because I ain't done with you yet.'"



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