

FOR IMMEDIATE RELEASE

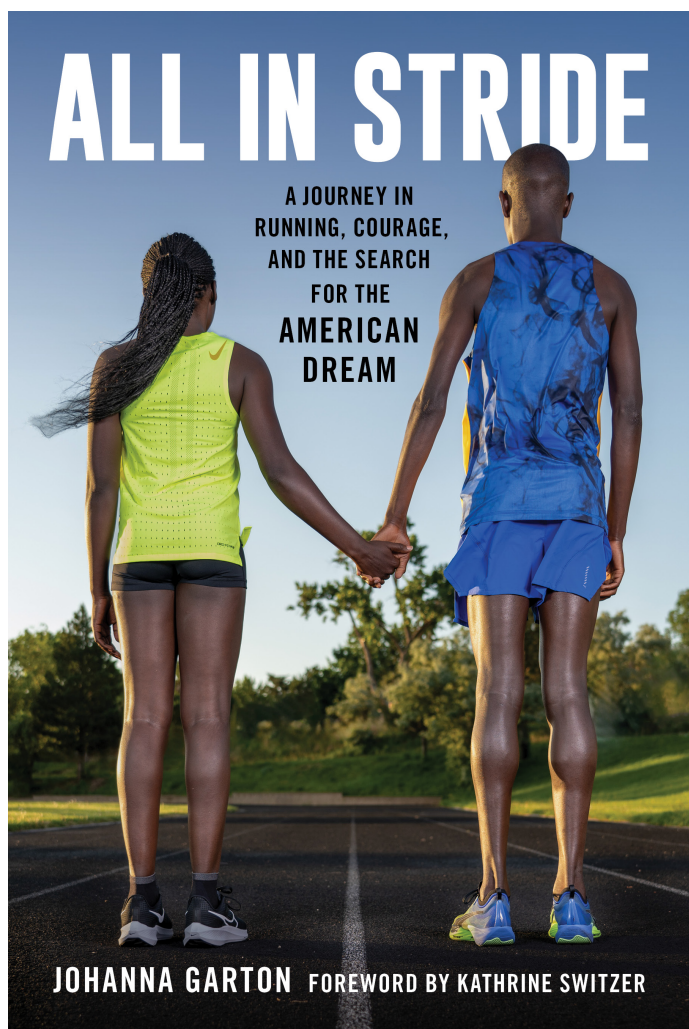
Publicity Contact:

Samantha Lien, Roger Charlie
(720) 425-3933, Sam@RogerCharlie.com

ALL IN STRIDE

A JOURNEY IN RUNNING, COURAGE, AND THE SEARCH FOR THE AMERICAN DREAM

By Johanna Garton • April 2, 2024 • Rowman & Littlefield Publishers • Paperback: \$24.00
• eBook: \$22.50 • Audiobook: \$17.99 • ISBN: 978-1538184592



“All in Stride is a powerfully written account of pursuing the American Dream- that rough road that rides more like an obstacle course but consists of perseverance meeting opportunity to build the ultimate American hero. On every page, you’ll find yourself cheerleading, empathizing, crying, or heeding wise advice.”
— Deena Kastor, Olympic Medalist in the marathon, NY Times bestselling author, *Let Your Mind Run*

Johanna Garton shares the inspiring stories of distance runners Elvin Kibet and Shadrack Kipchirchir and their determination to build meaningful lives as new American citizens. Professional distance runners Elvin Kibet and Shadrack Kipchirchir grew up in rural Kenyan villages. Though their lives began in poverty, both were driven to reach their full potential, to gain an education and make a difference. And they would find their way to do just that through the high-pressure world of distance running.

Beginning with their upbringing in Kenya, Garton follows the runners through their journeys to the United States, running for Division I universities, their meeting during a collegiate cross country meet and blossoming romance, and ultimately their service as U.S. soldiers and professional runners.

More than just a running story, *All in Stride* takes readers behind the scenes to explore the difficulties Elvin and Shadrack faced, including adjusting to an entirely new culture in the U.S., bigotry and intolerance, the stresses and joys of global competitions like the Olympics, joining the U.S. Army’s World Class Athlete Program, and discovering the ever-changing landscape of what it means to be an American.

MEET JOHANNA GARTON

[Johanna Garton](#) began running on the dirt roads surrounding her family's farmhouse in Wisconsin at age seven. She continued through college, where she competed for Syracuse University as a walk-on. Garton has pursued her love of endurance sports, running more than twenty marathons including five finishes at the Boston Marathon and in 2022 she trekked to Everest Base Camp.

In addition to her newest book [All in Stride: A Journey in Running, Courage, and the Search for the American Dream](#) (Apr. 2), Garton has authored [Awakening East](#), the story of the adoption of her two children from China and her family's decision to move to China to live for one year to immerse the family in the culture, and [Edge of the Map](#), which shares the story of American high altitude mountaineer [Christine Boskoff](#), and is currently being developed into a feature film.

Garton started her career as an immigration lawyer, then worked in nonprofit management and taught college. She is a sportswriter and a high school cross country coach. She lives in Denver with her husband and two children.



Connect with Johanna Online

Official Website: JohannaGarton.com

Facebook: [/johannagarton](https://www.facebook.com/johannagarton)

Instagram: [@johannagartonbooks](https://www.instagram.com/johannagartonbooks)

"Reading *All in Stride* illustrates the power of perseverance and commitment with a focused target. It makes you feel like you are on a journey with Shadrack and Elvin. They take great pride in serving the country that gave them the opportunity to be the best version of themselves. Their journey is about hope, faith, hard work and the pursuit of excellence and the American Dream."

— Meb Keflezighi, four-time Olympian, Silver Medalist in the 2004 Athens Olympic Games in the Marathon and winner of the Boston and New York City Marathon

MEET THE ATHLETES FEATURED IN THE BOOK



From Left: Sammy Schultz, Shadrack Kipchirchir and Elvin Kibet

[Shadrack Kipchirchir \(@shadrackkipchirchir\)](#) grew up in Cheboiywo, a small village in Kenya. In 2010 he moved to the US and ran for the University of Western Kentucky. Later he transferred to Oklahoma State University where he won a national cross country team championship and set a school record in the 10,000 meters. He graduated in 2014 with a bachelor's degree in construction management technology. He enlisted in the US Army where he served from 2014 to 2018. In addition to serving in the military, Shadrack pursued professional running competing with the US Army's World Class Athlete Program (WCAP). Later he represented Nike and he's currently represented by Puma. He has been on one Olympic team, 6 World Championship teams and competed in the 2024 US Olympic Marathon Trials.

[Elvin Kibet \(@elvinkibet\)](#) originally from a small village in Kenya, has embarked on a remarkable journey from her humble beginnings to the global stage of long-distance running. After excelling in high school, she earned a full scholarship to the University of Arizona where she obtained a degree in public health. Throughout her collegiate career, Elvin demonstrated exceptional running abilities, earning seven-time NCAA All-American honors and setting the 5km school record for UA. She

competed at the 2021 U.S. Olympic Track and Field Trials in the 10,000 meters and in the 2024 U.S. Olympic Marathon Trials. In addition to her athletic accomplishments, Elvin has devoted herself to serving her country as a soldier-athlete currently stationed in Ft Carson, Colorado Springs with the U.S. Army's WCAP. Her story is a testament to perseverance, dedication, and the pursuit of excellence both long distance running and service to her nation.

[Samantha "Sammy" Schultz \(@samanthaausa\)](#) grew up skiing in the mountains of Colorado, playing soccer, swimming, spending time at the barn with horses, and anything outdoors that kept her active. Growing up as a multisport athlete, Sammy was intrigued when she learned about Modern Pentathlon in 2010 as a senior in high school. She was recruited to train with the National Team at the Olympic Training Center and moved to Colorado Springs. She attended college online while training and competing around the world. Sammy was an alternate to the 2016 Olympic Team and joined the US Army and WCAP in 2017 to continue her athletic career as a soldier-athlete. She competed at the Tokyo 2021 Olympics and finished out her career as a 7-time US National Champion. Sammy is now helping others with their health and wellness goals as a personal trainer, Pilates, yoga, and fitness instructor living with her husband, Karl, in Colorado Springs.

ADVANCE PRAISE FOR ALL IN STRIDE

“[T]his inspirational story will appeal to running fans, especially when Kipchirchir serves as a pacesetter for Eliud Kipchoge’s sub-two-hour marathon, and will enlighten readers who may have preconceived notions about foreign-born athletes.”

– **Booklist**

“It’s so much more than a book about running. It’s about joy, love, suffering, determination, sacrifice, and humanity. I just loved it.”

– **George Hirsch, Founder of the New York City Marathon, magazine publisher and Chair Emeritus of the New York Road Runners Club**

“*All in Stride* takes readers on a compelling journey of a truly modern American couple. It effortlessly weaves together stories of Kenya, the United States, the world of professional distance running, and the challenges of building a home in a new country. For millennia, the words “athlete” and “woman” didn’t play well together, and the idea of adding “mother” to that list was unimaginable. Women like Elvin want to change that narrative. Fortunately for all of us, she has the conviction to do so and a supporting family to make it possible. The world needs more stories like this one.”

– **Shannon Rowbury, three-time Olympian, sports broadcaster & mother of two**

“This story is truly inspiring. It’s not so much about running as it is the struggle of life and overcoming it.” – **Nathan Martin, American professional distance runner**

“For two people I have known for nearly a decade as some of the most positive and determined peers of mine, I have been blessed to learn so much more about their eye-opening stories in this beautifully written book. The perspective that Johanna Garton sheds on the character-building hardships these athletes faced chasing the American dream makes this a must-read both within and outside of the running community. Utterly blown away!”

– **Natosha Rogers, Professional distance runner and two-time World Championship finalist in the 10k**

“A story of two athletic journeys intertwined, the complexities of becoming American while still embracing the culture that shaped you and the power of running to change the course of a life.”

– **Molly Huddle, two-time Olympian, author and mother**

“*All in Stride* tells the incredible journey of Elvin Kibet and Shadrack Kipchirchir, from their childhood in Kenya to their collegiate days competing at the NCAA Division One level to their service in the U.S. Army and as professional runners in the Army’s World Class Athlete Program. It’s a heartwarming story, one that’s infused with grace, courage, and determination about what it takes to chase a dream in sport and life.”

– **Christine Yu, Author of *Up to Speed: The Groundbreaking Science of Women Athletes***