



In a Single Bound: Losing My Leg, Finding Myself, and Training for Life

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Touching, funny, and honest, *In a Single Bound* is the story of how a feisty little girl from Long Island became one of the world's most famous disabled sports figures.

In a Single Bound: Losing My Leg, Finding Myself, and Training for Life Details

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Tara Chevrestt says

What a woman! I admire Sarah for her strength and determination. I had never heard of her before coming across this book but now I will be watching for her. She has let nothing stand in her way and everytime life has thrown a hurdle her way she hasn't given up, but kept trying over and over again. She lost her leg at age seven due to a disease she was born with in which one leg is severely shorter than the other. After the age of seven, she had fake leg after fake leg, and all very different from the last. Sarah goes into detail about the legs and the process of getting the legs. I shall never complain about my hearing aides again!

After a brief look into her troublesome family life, Sarah also talks about her interest and passion for running and triathlons and the paralympics. She competed in the Ironman triathlon twice and ran many marathons. She also talks about her stint on Amazing Race season ten and why that did not go as she had hoped. Life has thrown a lot of obstacles Sarah's way, but she has maintained a sense of humor through it all and a whole lot of gumption. I enjoyed her story and I have a newfound respect and understanding for amputees and what they go thru.

Solveig says

She is amazing not only doing what she did but she also helps so many others by showing them to not give up! No excuses " Fear less live more " I love her motto. Sarah is a pioneer in amputee sports especially for women. Thanks Sarah!

David says

very enjoyable memoir, mostly concerning the run-up to her successful completion (on second try) of the Hawaii Ironman world champs triathlon as a single-leg amputee. Also describes her completion of New York marathon, her season on the Amazing Race, and her difficult childhood in a conflictual family environment.

It is inspirational, but I think one thing that made reading the book enjoyable is that she paints a human self-portrait, so it's not all just aphorisms and "don't give up" slogans.

Docmartn says

A friend of mine who personally knows Sarah gave me a copy of the book. It's well written and a pretty quick read. While reading the book there were several times I thought "Sarah sure was lucky to be here" or "that was lucky she met her" - but in hindsight I think Sarah is a very prepared and determined person. What was it that Seneca said "Luck is what happens when preparation meets opportunity." I hope to meet Sarah in person some day soon. Sarah is one of the good guys.

Amy says

after meeting Sarah, I couldn't wait to get started reading her book! Awesome easy read that truly gives insight to her struggles early on, how she continually worked to overcome obstacles and developed that Don't Quit attitude.

Linda says

This was pretty good as biography's go.

Jenny Hilborne says

In *A Single Bound* is the story of Sarah Reinertsen, born with a congenital birth defect that resulted in an above-the-knee amputation of her left leg at age seven.

The book documents her struggles and follows her story as an accomplished athlete. Determined to succeed in her sport, Sarah gives the reader a look into the challenges she endured and the realities amputees must face, from societal attitudes to image, plus other issues such as insurance, prosthetics. She also shows the reader the possibilities, which is the focus of the book.

In 2006, Sarah also appeared in *The Amazing Race*. Her experience is included in the book. I watched the episode and cheered her on. Inspired by her determination, I bought her book.

In *A Single Bound* is a realistic look into one athlete's struggles and challenges. It documents her personal fight to accomplish success. Beyond that, it is also the story of courage; dealing with family issues, her own insecurities, and other people's insensitivity. Above all, it is impressive, and an uplifting, inspirational read, and not just for other athletes overcoming a disability. Her memoir is a moving reminder to everyone to move forward and go after your dream, no matter how big the obstacle in your path.

E says

I kinda hated this book.

In all honesty, I thought it would be a great read. After all, I like reading about running and about some high-flying adventure in fitness and competition. And, I really thought it would be a great perspective reading about these concepts from the point of view of an amputee. I respect the hell outta amputees who compete in the same zones as us full-bodiers... It can't be easy for them. And it can't be full of encouragement. I thought there would be inspiration and wit every turn of the page.

Alas. The author came across as egotistical. The book read more like a look at me, I'm a show off and I'm awesome and I know it and everyone else had better know it too. I didn't enjoy the tone. There were no really

outstanding witty life experiences, or even any real "challenges" from the author...at least not until about 4 chapters from the end, where the author failed to meet a goal. And really, I didn't care enough about the narrator to care that she failed as horribly as she stated she did.

From reading about how the author would get into races, and drum up interest in herself...which, the first time or so to get into grad school seemed clever, I just felt like this was another one of her methods to draw attention to herself so that she could go out and obtain some other 'whatever' for herself. "Look, I wrote a book about my disability, give me stuff I want".

I hate to think that the only way that this story would've gone over better with me would be if I were also an amputee... The book would've been better had she been able to reach beyond her disability to inspire ALL readers. I hope that people of similar situations as her are able to read this book and get more out of it, but she definitely did not do the job with me.

Don't waste your money. I'll give this book away for free if you want it.

Dave S says

Her story deserves 5 stars but the book only 3. Way too little depth on her personal life or the training involved for the Ironman. The book also had very little more than she tells in her 30" speeches.

Rebecca says

What an inspirational narrative about a woman who wanted to be an elite despite having a condition which allowed only one leg to grow normally. Though not the most literary prose, the story speaks for itself. Any time I feel like complaining about my bad performance from now on, I'll keep Sarah in mind: a woman who pushed herself to the limit to achieve her goals, letting nothing stand in her way, not even a disability.

Conner Colosi says

Read this for a paper I had to write. While the concept of an amputee marathon runner is inspirational, the material in this book was not particularly fascinating. The book is very autobiographical, but don't expect a feel-good story of triumph over adversity.

Melissa says

Book seemed to be thrown together, and just when I really wanted more, the authors skip from riding on a bike trainer to competing in Kona. We are missing a lot in those months. I thought they did a good job of explaining the challenges of Kona, but not enough about the difficulty of qualifying for it. Kona isn't just another triathlon. it is THE triathlon. All that said, Sarah is an amazing inspiration to all triathletes, disabled or not.

Cayla Attwood says

I recently read the book, *In a Single Bound*. The time frame of the book covers about 23 years of the author's life. The main character, author of the memoir, is Sarah. Sarah is an amputee world class runner, and an amazing person all around. An important figure in Sarah's book is David Balsley, who occurs a lot throughout the story. He has ran with her, and gave her a lot of support multiple times throughout her life. Sarah experiences a life changing disability caused by proximal femoral focal deficiency, but overcomes her difference from others and becomes an all star runner. Her life has been changed by her condition from a very young age. At age 7, Sarah had her leg amputated due to its critical condition. She struggled with recovery, and wasn't sure what her place was. When Sarah was 11, she met Paddy Rossbach at a 10k her dad was in, and was opened up to the world of running. In 1987, with the assistance of Paddy, Sarah ran the 60m and 100m dash at her first track meet, and won. In 2005, Sarah completed the Hawaii Ironman Triathlon in Kona, HI with an impressive time. The book, *In a Single Bound*, was a very inspiring memoir. I really enjoyed reading this book and Sarah's story of being strong, and working through her struggles. Her story is very inspirational and I would recommend this book to many people. Anyone that is an athlete can relate to her commitment, and anyone that is an amputee can relate to her strength and determination. Sarah's book is inspiring because at such a young age she had her whole life changed. It started at the amputation, and from there on more appointments with a prosthetic doctor. As time, and training progressed, Sarah got better at running. Her determination to do her best and never give up is what gave her the strength to become such a great athlete. I would recommend anyone to read this book, but especially amputees and athletes.

Krusher Basta says

I knew this book would be inspirational, and it was. I remember watching the television broadcast of the 2005 Ironman Championships and being deeply moved by Sarah's spirit and determination. What surprised me about the book is how open and honest she is about her life off the playing field. Sarah has had more obstacles to overcome than just her amputated left leg. She shares how she dealt with these various issues; and it was not always in a manner in which she could be proud. But like her prosthetic leg, she does not attempt to hide these failures.

In this book I think we see the whole Sarah. Like all of us she is not perfect. I think it is good for us to see Sarah as a person. Not an amputee, triathlete, or superhero, but a normal person, and a remarkable person all the same. I strongly recommend this book to everyone, but particularly to any runners or triathletes.

Carin says

Sarah Reinertsen's memoir of growing up and dealing with being an amputee is inspiring and fascinating. I kept reading bits out loud to my boyfriend which is always a good sign.

Sarah was born with a birth defect that left her left leg much shorter and it was never really going to grow. When she was still a little kid, she had the leg amputated. Her parents worked multiple jobs to pay for her

many, many prostheses (insurance paid for the first one), and never limited her in any way. However, her father was abusive, both physically and emotionally. Luckily Sarah found a way to deal with the physical and emotional trauma: through sport, as well as therapy.

She began running and represented the United States in the paralympics in the 100 m and 200 m sprints. In para-events, like-disabled compete against like, so the single amputees compete against the single amputees, the double amputees against the double, the blind against the blind, etc. However, Sarah frequently found that in competitions, even at the very top levels, there often weren't enough single amputees and so she would be combined with other groups and end up competing against people with two legs, and sometimes her event would be cut altogether. She decided to switch events and try for distance instead. She signed up to do a 5K and after that, there was no stopping her. After multiple marathons, she figured she'd try for the Ironman, oh and also compete in The Amazing Race along the way.

Her story is of course inspiring, but it's not just a sappy, sweet tale of a cute kid overcoming difficulties. Sarah is a very real and relatable person. She has flaws and issues just like all of us. I liked how upfront she was about the abuse, and also about the amputation. To be honest, many of us two-legged people who read a book like this, it's to find out what it's like to live as an amputee, and Sarah really conveyed that well, from the difficulties with different prosthetics to the practicality of dealing with them daily and how much they break, to the fact that she really doesn't like her partial leg and how uncomfortable it's been for her over the years to deal with in romantic relationships. Sarah may be both tougher (I took 30 minutes longer to complete my first marathon) and wimpier (boy she cries a lot) than me, but in the end, I felt like we could be friends. She comes across as a very genuine, open person.
