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Heart of an Athlete: Ronald Brookins

“Trust in the LORD with all your heart, and do not rely on your own understanding...” – Proverbs 3:5 In the Big Sky Conference, Sacramento State’s Ronald Brookins has a common, household name. Since bursting onto the track scene as a freshman, the senior hurdler and long-jumper has spent his college career rewriting the Sac State record books and garnering All-American accolades, all while leading the campus FCA Huddle and guiding his teammates and competitors closer to the Lord.

Bible Reference:

Proverbs 3



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