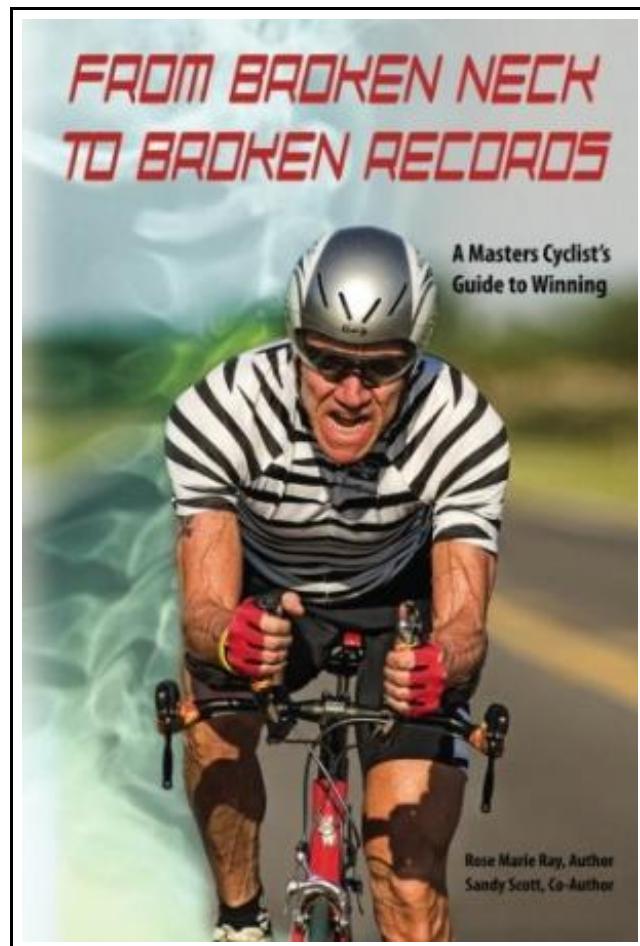


From Broken Neck to Broken Records: A Masters Cyclists Guide to Winning



Filesize: 5.49 MB

Reviews

This pdf is indeed gripping and exciting. it was writtern quite completely and valuable. Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Kurtis Parisian)

FROM BROKEN NECK TO BROKEN RECORDS: A MASTERS CYCLISTS GUIDE TO WINNING

[DOWNLOAD](#)

Yankee Publishing. Paperback. Book Condition: New. Paperback. 218 pages. Compelling story of success and triumph follows masters cyclists comeback after broken neck. From Broken Neck to Broken Records, A Masters Cyclists Guide to Winning by Rose Marie Ray, Author, and Sandy Scott, co-author is the huge story of an extraordinary masters cyclist and a How to Win guide for masters athletes. The book follows a masters cyclists journey after breaking his C-1 vertebra--a rare and nearly-always fatal break. The book focuses on determination and a can do attitude towards athletics, illustrating the authors belief that anyone can be a winner if they want it badly enough and work hard enough to achieve their goals. It provides an in-depth look at Sandy Scott, an outstanding cyclist and the mental and physical strength it took to go from a near-death experience to winning 11 gold medals and breaking records in time trial and road race competitions. These accomplishments were achieved 13 months after being told by a spinal surgeon that he would never ride a bike again. From Broken Neck to Broken Records tells the story of how Sandy overcame his life-threatening injury through hard work and perseverance and how he went from spending five months in a hard neck brace to moving on with his life and getting back on his bike. From Broken Neck to Broken Records includes a How to Win section meant to inspire and instruct athletes. This is a guide for masters cyclists over 35 years and other athletes of all ages. It includes motivational coaching and helpful information on how to win races and break records. This practical, easily-read and understood guide explores everything from buying your bike, setting and achieving goals, training, bike maintenance, racing, and, ultimately winning gold medals. Rose Marie Ray, Author, is...

[Read From Broken Neck to Broken Records: A Masters Cyclists Guide to Winning](#)[Online](#)[Download PDF From Broken Neck to Broken Records: A Masters Cyclists Guide to Winning](#)

Related PDFs



Too Old for Motor Racing: A Short Story in Case I Didn't Live Long Enough to Finish Writing a Longer One

Balboa Press. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. We all have dreams of what we want to do and who we want to become. Many of us eventually decide...

[Save Document »](#)



Would It Kill You to Stop Doing That?

Book Condition: New. Publisher/Verlag: Little, Brown Book Group | A Modern Guide to Manners | A laugh-out-loud guide to modern manners by acclaimed humorist, author, and Vanity Fair columnist Henry Alford. | A few years...

[Save Document »](#)



No Friends?: How to Make Friends Fast and Keep Them (Paperback)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Do You Have NO Friends ? Are you tired of not having any...

[Save Document »](#)



From Kristallnacht to Israel: A Holocaust Survivor's Journey (Paperback)

Dog Ear Publishing, United States, 2009. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. In the 1930s, as evil begins to envelope Europe, Karl Rothstein...

[Save Document »](#)



Little Girl Lost: The True Story of a Broken Child

HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, Little Girl Lost: The True Story of a Broken Child, Mia Marconi, The fourth in a series of true short stories from foster carer Mia Marconi. Kira...

[Save Document »](#)



Sleeping Beauty - Read it Yourself with Ladybird: Level 2

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Sleeping Beauty - Read it Yourself with Ladybird: Level 2, In this classic fairy tale, Sleeping Beauty pricks her finger on a spinning wheel and falls

[Save PDF »](#)



Tinga Tinga Tales: Why Lion Roars - Read it Yourself with Ladybird

Paperback. Book Condition: New. Not Signed; This is a Tinga Tinga tale inspired by traditional stories from Africa. Lion is king of Tinga Tinga but he can't roar! Can his friend Flea help Lion to

[Save PDF »](#)



Rumpelstiltskin - Read it Yourself with Ladybird: Level 2

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Rumpelstiltskin - Read it Yourself with Ladybird: Level 2, In this classic fairy tale, a miller's daughter has to spin straw into gold for the king.

[Save PDF »](#)



Six Steps to Inclusive Preschool Curriculum: A UDL-Based Framework for Children's School Success

Brookes Publishing Co. Paperback. Book Condition: new. BRAND NEW, Six Steps to Inclusive Preschool Curriculum: A UDL-Based Framework for Children's School Success, Eva M. Horn, Susan B. Palmer, Gretchen D. Butera, Joan A. Lieber, How

[Save PDF »](#)



Peppa Pig: School Bus Trip - Read it Yourself with Ladybird

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Peppa Pig: School Bus Trip - Read it Yourself with Ladybird, Peppa and her friends are going on a school bus trip. What adventures will they

[Save PDF »](#)