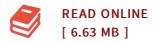


DOWNLOAD

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

By Sandy Scott

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, coauthor 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...



Reviews

It in one of the most popular ebook. It usually fails to price an excessive amount of. Its been printed in an extremely basic way in fact it is merely right after i finished reading through this book in which really altered me, change the way i believe.

-- Sigrid Brown

Absolutely one of the best pdf We have ever read. I really could comprehended every little thing using this written e book. I am easily could get a satisfaction of reading a written publication. -- Dr. Odie Hamill