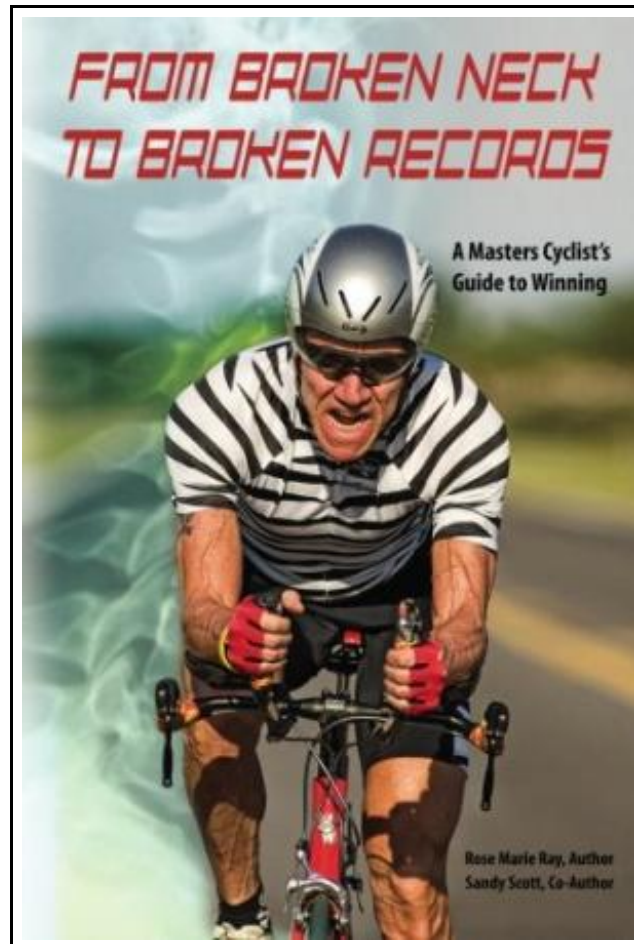


## From Broken Neck to Broken Records: A Masters Cyclists Guide to Winning



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



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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...



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