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## 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, 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...



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