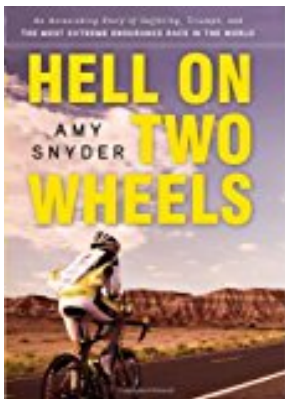


[PDF] Hell On Two Wheels: An Astonishing Story Of Suffering, Triumph, And The Most Extreme Endurance Race In The World

Amy Snyder - pdf download free book



Books Details:

Title: Hell on Two Wheels: An Astoni

Author: Amy Snyder

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Description:

Review Engrossing ... a clear, gripping account.

-- Michael J. Ybarra, Wall Street Journal

Accomplishes a great challenge by discovering something of real consequence that none of us have ever heard of before. --James M. Tabor, author of the New York Times best seller *Blind Descent*

A compelling story that reveals deep wounds, yearnings, and the cyclists' unrelenting determination to win. --Lynne Cox, renowned open-water swimmer and author of *Swimming to Antarctica*

Snyder..shows that the desire of these racers..has less to do with the physical challenge than with their need to discover that part of their spiritual being that remains otherwise hidden.

-- Dr. Timothy Noakes, author of the seminal *Lore of Running*

If you're a cyclist, you'll love every page. And if you're not, prepare to become one. This is a must read! --Bob Babbitt, co-founder of *Competitor Magazine*

About the Author Amy Snyder grew up in New York City, attended university on the East coast and graduate school out West. She settled in the Boston suburbs and spent almost two decades as a management consultant. She retired young and moved to La Jolla, fulfilling a life-long dream to live on the coast. That's when she began competing in Ironman triathlons to regain her fitness after the rigors of a career in business. She eventually discovered ultra-distance cycling, but knew she didn't have it in her to race such long distances. She decided to find out how others can and why they choose to do so. To accomplish this, she followed the Race Across America for two weeks in June 2009, driving 3,000 miles across the U.S. on back roads from west to east as she watched the best ultra distance cyclists in the world compete in the toughest race of all. She spent time with many of the racers before and after, and ended up with a tale that needed to be told. The story of this race forever changed her own limiting thoughts and feelings, and it will yours, too.

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