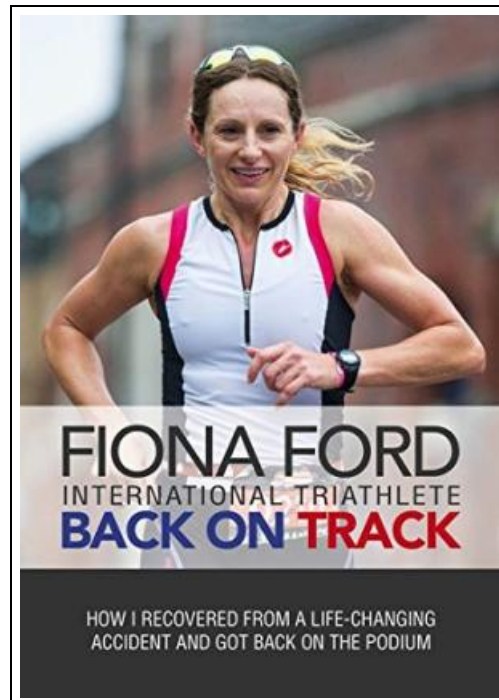


Back on Track: How I Recovered from a Near-Fatal Accident and Got Back on My Feet



Filesize: 6.05 MB

Reviews

It is great and fantastic. I actually have read and so i am certain that i am going to going to go through once again yet again in the future. I realized this ebook from my dad and i encouraged this book to find out.

(Dr. Kayden Gerlach)

BACK ON TRACK: HOW I RECOVERED FROM A NEAR-FATAL ACCIDENT AND GOT BACK ON MY FEET



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Meyer & Meyer Sport (UK) Ltd. Paperback. Book Condition: new. BRAND NEW, Back on Track: How I Recovered from a Near-Fatal Accident and Got Back on My Feet, Fiona Ford, Fiona Ford was no stranger to endurance. She raced seven Ironman(R) distance events and was used to long and hard training routines and gruelling workout schedules. But nothing could have prepared her for the greatest challenge of her life. In June 2012 she was cycling on the London 2012 Olympic bike route when a car pulled out in front of her and hit her. With a broken clavicle and a broken pelvis and sacrum she was taken to hospital. The doctors told her she would never run again. From regularly taking steps up to the podium her biggest challenge became taking a single step from her hospital bed. Three years after the life-changing accident, Fiona is back on her bike: On 14 June 2015 she competed in a triathlon for the first time again. She won her age group by 12 minutes. In this inspiring book, Fiona tells the story of how she got back on the podium.



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