

Step on It: One Woman s Adventure in the Race Across America (Paperback)



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Reviews

This ebook is indeed gripping and fascinating. It is definitely simplistic but excitement from the 50 % of your book. You wont sense monotony at at any time of your own time (that's what catalogs are for relating to should you check with me).
(Mr. David Stanton Jr.)

STEP ON IT: ONE WOMAN S ADVENTURE IN THE RACE ACROSS AMERICA (PAPERBACK)

Shonstrom Research Associates, LLC, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Each year hundreds of intrepid cyclists line up for the 3,000 mile Race Across America, which is billed as the toughest bicycle race in the world. STEP ON IT is the story of Amy Shonstrom, who, as a member of a four woman team set out to establish a new record. From Oceanside to Annapolis, the race plunges into the heart of America, on a non-stop journey. She endures blistering temperatures in the Sonoran Desert, climbs the high mountain passes of the Rockies in the dead of night, survives 50 mph winds on the Kansas plains before reaching the steep grades of the Appalachian Mountains. Amy is one of only a handful of women her age to have ever undertaken the race. In order to do so, she must squeeze hundreds of hours of training while cycling thousands of miles, which she accomplishes while working full time as a high end real estate broker in her hometown of Denver. Her team, Love, Sweat Gears, is supported by 12 crew members including her husband Michael. With 2 vans and a large RV capable of sleeping 10 people, the group hop scotches across the country, keeping one rider on the road at all times. Hit by unfavorable winds at the start, the team begins to claw back time as they descend the eastern slope of the Rocky Mountains. Will they be able to sustain 20 + mph speeds as they cross the Great Plains, pass the Mississippi River and close in on the steep climbs of the Appalachian Mountains? Will they eclipse the 6 1/2 day record set in the prior year? Find out from this engrossing story of one woman s...



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