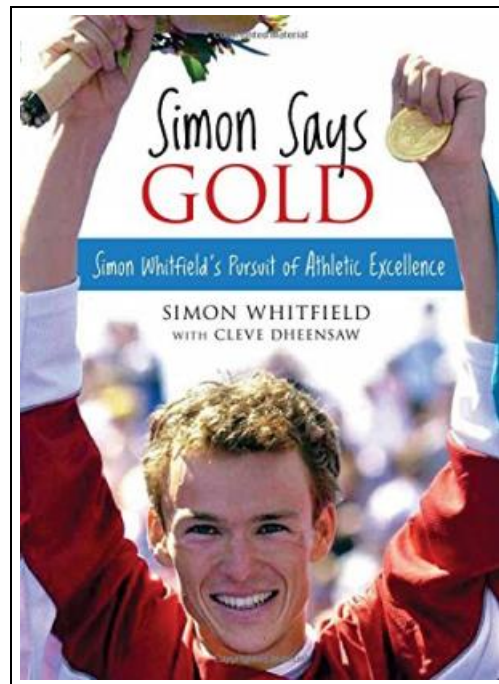


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SIMON SAYS GOLD: SIMON WHITFIELD'S PURSUIT OF ATHLETIC EXCELLENCE



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Orca Book Publishers. Paperback / softback. Book Condition: new. BRAND NEW, Simon Says Gold: Simon Whitfield's Pursuit of Athletic Excellence, Simon Whitfield, Cleve Dheensaw, I caught Vuckovic, and not a moment too soon. There were only about a hundred meters remaining. I flew past him, and he could not respond to my push. I was running away from him. Running toward my destiny. Running toward Olympic glory and gold. Running toward a finish line banner that every Olympian dreams of crossing first. From the moment Simon Whitfield burst onto the world stage at the 2000 Sydney Summer Games as triathlon's first Olympic champion, his winning personality and stellar athletic abilities have inspired young people around the globe. In Simon Says Gold, Simon describes his personal journey to Olympic glory as he recounts not only that glorious day in Sydney, but also the anguish of failing to repeat as Olympic champion in Athens in 2004, and his dramatic comeback at the 2008 Beijing Games, when his exhilarating race to a silver medal enthralled millions of fans around the world. Simon's stories of the highs and lows of his running career will captivate readers young and old, but his real message--that the simple pursuit of excellence is its own reward--will also inspire and motivate. Not everyone can be an Olympian. Simon Whitfield believes that true greatness is in performing to the best of one's ability. The reward is in the effort, not the outcome. Simon Says Gold includes his instructions on training--his advice is bound to surprise young athletes in any sport--and includes stories about family, friends, coaches, teachers and mentors --all those who have had a lasting impact on his life and helped make him a champion. Simon lives in Victoria, British Columbia. Cleve Dheensaw has been a sportswriter with the...



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