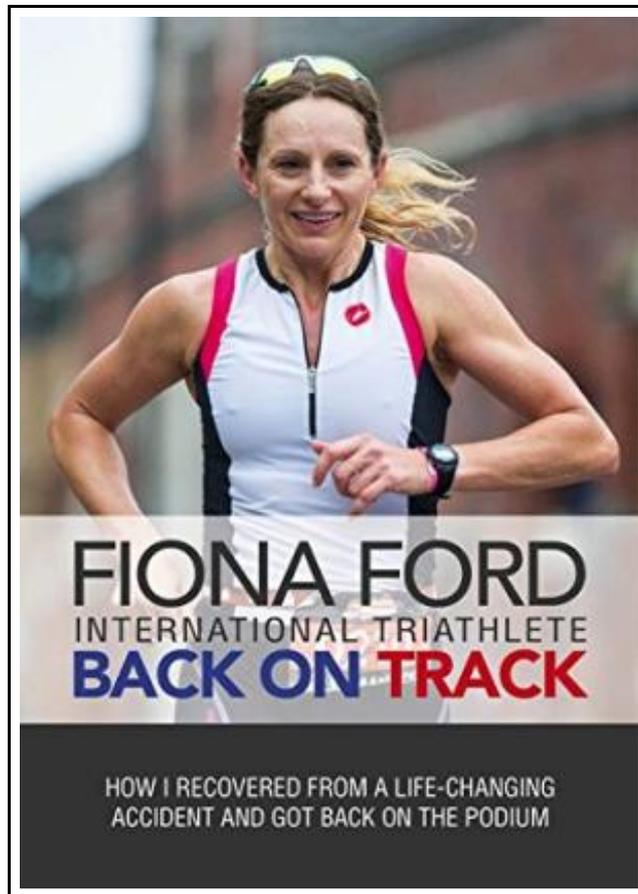


## Back on Track: How I Recovered from a Near-Fatal Accident and Got Back on My Feet



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### ***Reviews***

*This book is great. it was writtern quite flawlessly and helpful. You will not truly feel monotony at whenever you want of your time (that's what catalogs are for concerning if you ask me).  
(Sterling Kris)*

## 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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