



The Guy On The Bike: Lessons in life I learned while riding my bike

Michael Secrest

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The true story of a man who started cycling in his late 20's and went on to do what no other athlete in history has done: setting world records in four consecutive decades! From his earliest rides on his tricycle alongside his grandfather, to his last agonizing 24-hour indoor track world record: the many stories unfold before one's eyes. What makes this story even more compelling is the fact that The Guy On The Bike never used any performance-enhancing drugs during his cycling career.

The "Babyboomer" generation had the book "The Little Engine That Could," while they were in their childhood years. Now comes the modern and true version of its same premise: Believing in one's self and not giving up!

For the cost of a cup of coffee, you parents can give your children a book that will guide them through a real-life story of a man who had BIG dreams-and through perseverance, rising after every defeat and always believing in himself, would go on to realize those dreams!

The Little Engine's mantra of "I think I can," has evolved to "Yes, I can!" for the young readers of this book.

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