



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

By Amy Shonstrom, Michael E Shonstrom

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...



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