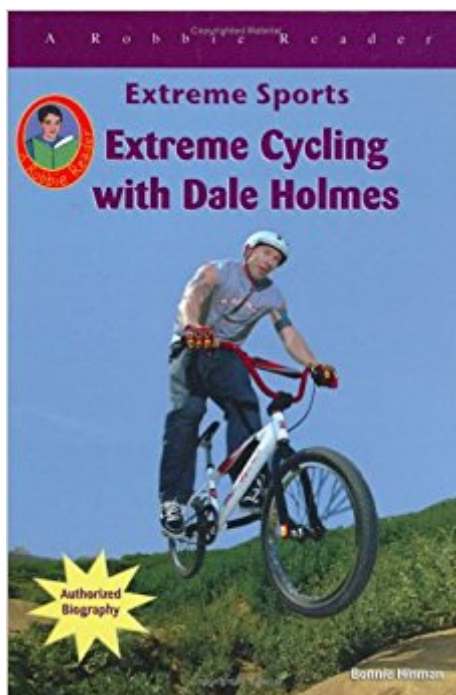


The book was found

Extreme Cycling With Dale Holmes (Extreme Sports (Mitchell Lane))



Synopsis

Dale Holmes has always loved to ride a bike. He got his first one when he was four years old and hasn't been far from a bicycle since. Over thirty years later, BMX racing is his life. BMX jumps and turns can take their toll physically, but Dale loves to compete, so he trains hard and takes any injuries in stride. Now that BMX racing is an Olympic sport, the number of boys and girls racing will increase. Dale feels it's important to help teach young people safe ways to ride and win races. Find out how Dale got his start, how he trains for his sport, and about his Olympic dreams in this action-packed **AUTHORIZED BIOGRAPHY**

Book Information

Series: Extreme Sports (Mitchell Lane)

Library Binding: 32 pages

Publisher: Mitchell Lane Publishers (June 1, 2006)

Language: English

ISBN-10: 158415487X

ISBN-13: 978-1584154877

Product Dimensions: 6.6 x 0.3 x 9.6 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #2,707,867 in Books (See Top 100 in Books) #49 in Books > Children's Books > Sports & Outdoors > Cycling #1364 in Books > Children's Books > Biographies > Sports & Recreation #75832 in Books > Children's Books > Literature & Fiction

Age Range: 8 - 12 years

Grade Level: 3 - 7

[Download to continue reading...](#)

Extreme Cycling with Dale Holmes (Extreme Sports (Mitchell Lane)) Hurricane Katrina, 2005 (Robbie Readers) (Natural Disasters (Mitchell Lane)) Sherlock Holmes: Three Tales of Intrigue (Sherlock Holmes Series) Sherlock Holmes: Three Tales of Betrayal (Sherlock Holmes Series) Extreme Climbing (Extreme Sports No Limits!) Extreme BMX (Extreme Sports No Limits!) Extreme Mountain Biking (Extreme Sports No Limits!) Dale Earnhardt Sr.: Matt Christopher Legends in Sports The Science Behind Soccer, Volleyball, Cycling, and Other Popular Sports (Science of the Summer Olympics) Cycling (Olympic Sports (Saunders)) Football: How It Works (The Science of Sports) (The Science of Sports (Sports Illustrated for Kids)) Sports Illustrated For Kids Year In

Sports 2007 (Scholastic Year in Sports) Meat-Eating Plants and Other Extreme Plant Life (Extreme Life) How to Extreme Coupon Without Extreme Stress The Paintings of Joan Mitchell Joni Mitchell: In Her Own Words Mitchell on Trumpet - Book Two with CD Jazz Dance and Jazz Gymnastics, Including Disco Dancing. Ed and Adapted by Liz Williamson. Tr from the German by Dale S. Cunningham. Tr of Von Der jaz 2017 Dale Earnhardt Jr Wall Calendar Dale Earnhardt Jr. (Amazing Athletes)

[Dmca](#)