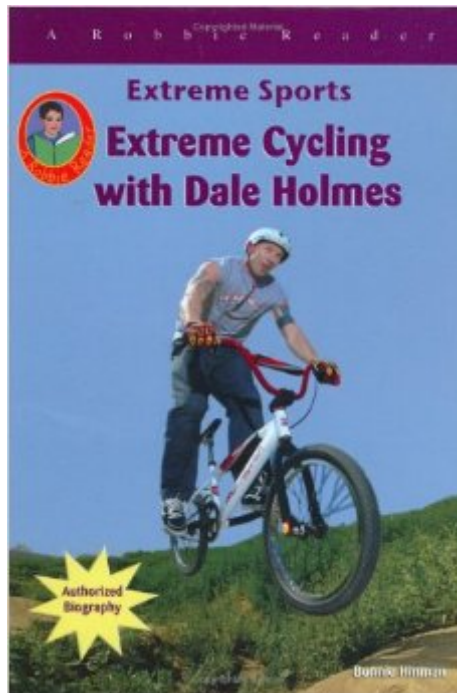


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# Extreme Cycling With Dale Holmes (Extreme Sports (Mitchell Lane))



## 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)

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Product Dimensions: 6.6 x 0.3 x 9.6 inches

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

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Age Range: 8 - 12 years

Grade Level: 3 - 7

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