



A Basic Guide to Bobsledding

By Hans Kummer

Griffin Publishing. Paperback. Book Condition: new. BRAND NEW, A Basic Guide to Bobsledding, Hans Kummer, Strength, stamina, courage, concentration, preparation and lightning-quick reflexes -- bobsledders need all these qualities and more. This book offers a clear, concise introduction to one of the most challenging and technically advanced of all Olympic events. Special features include: The revolutionary Bo-Dyn sled; US men's and women's Bobsledding teams in action; Rules of international competition; How to become a successful bobsledder; Skeleton -- the world's first sliding sport.



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Good eBook and helpful one. It really is written in straightforward words and phrases and never confusing. I am just effortlessly could possibly get a enjoyment of looking at a published book.

-- **Romaine Rippin**

The book is great and fantastic. it absolutely was written very properly and beneficial. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Lyda Davis II**

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