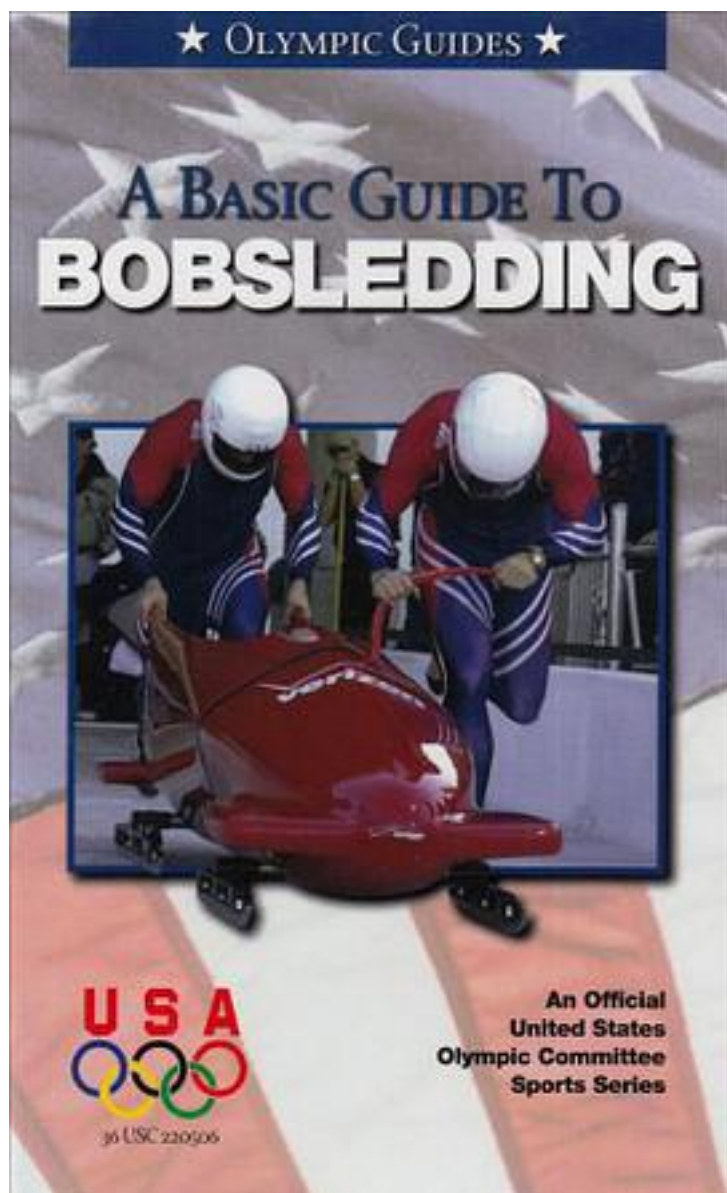


Basic Guide to Bobsledding



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There's nothing more exciting and engaging than the Olympic Games. Athletes from across the globe unite to participate in the most exciting and vigorous competitions of their lives. These athletes didn't get to the Olympics by accident -- it takes years of dedication, sweat, and training to become an Olympic athlete. But you don't have to be training for the Olympics to enjoy sports. Whether you like skating, skiing, or sledding, the Olympic Guides will give you numerous tips on equipment, training, and improving your skills. Strength, stamina, courage, concentration, preparation, and lightning-quick reflexes -- bobsledders need all these qualities and more. A Basic Guide to Bobsledding offers a clear, concise introduction to one of the most challenging and technically advanced of all Olympic events.

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