



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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It is easy in study safer to comprehend. It can be writter in basic phrases and never confusing. It is extremely difficult to leave it before concluding, once you begin to read the book.

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