



ONE GEAR, NO BREAKS

Lori-Ann Muenzer's Ride to Belief, Belonging and a Gold Medal

- By Lori-Ann Muenzer with Karl R. Wilberg
- \$29.95 hardcover
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They wrote her off as over the hill. Lori-Ann Muenzer proved them wrong and brought home gold.

One Gear, No Breaks: Lori-Ann Muenzer's Ride to Belief, Belonging and a Gold Medal, by Lori-Ann Muenzer with Karl R. Wilberg, is Lori-Ann's exhilarating, straight-from-the-heart story about motivation, discipline and what it means to believe in yourself. At the age of 38, Canadian underdog Lori-Ann entered the 2004 Olympics, few believed that she would be able to compete with cyclists half her age. Muenzer persevered, kept her mind on the track and won the Olympic Gold.

Canadian cycling is about pain, punishment and speed. On the road to the winners podium, Muenzer suffered more than her share of pain and punishment: a broken collarbone ruined her chance to vie for berths on the Commonwealth team for Victoria in 1994 and Atlanta in 1996; a mountain biking injury in 1999 rendered her unable to train for nearly eight months; sever tendonitis in her knees threatened to end Muenzer's athletic career for good.

Muenzer's personal motivation and discipline will resonate with readers across the country, and her determination will inspire anyone who faces challenges in their life. ***One Gear, No Breaks*** is the uplifting memoir of one of Canada's athletic heroes.

"An inspirational book." – Phil Liggett, cycling commentator

LORI-ANN MUENZER captured a gold medal in Athens with her outstanding performance in the women's match sprint finals. With her Olympic victory, she became the first Canadian to bring home a gold medal in cycling. A resident of Edmonton, Muenzer has also accumulated an outstanding thirteen National titles, eleven World Cup medals and four World Championship medals throughout the course of her career.

KARL R. WILBERG is a published author and lawyer who is a one-time holder of four Canadian cycling records. He lives with his wife and three boys in Edmonton.

For further information, contact David Ahrens at Pure Momentum: 416-809-5523 or david.ahrens@rogers.com, or contact Kendra Michael at Key Porter Books: 416-862-7777 x232 or kendra.michael@keyporter.com

TOUR SCHEDULE

27 April

Calgary, AB
Pages, 7:30 PM

30 April

Edmonton, AB
Audreys, 2:00 PM

8-10 May

Toronto, ON
Available for interviews

11 May

Indigo Place Montreal Trust, 12:30 PM
Montreal, QC

15-16 May

Vancouver, BC

15 May

12:00 PM, Indigo, Vancouver

17 May

Victoria, BC
Chapters, 2:00 PM

“Lori-Ann is a champion of her sport of cycling and a champion for her country. An inspirational book.” – Phil Liggett, cycling commentator

“Lori-Ann Muenzer’s story is an inspiration to those who think they cannot achieve greatness, or that they have passed their prime. She is as strong-willed as the steel she rides. Jump on, hang on and enjoy the ride and the read!” – Deborah Grey, former MP and author of *Never Retreat, Never Explain, Never Apologize*

“One Gear, No Breaks is one of the most honest accounts I have read of [competitive] cycling and the sacrifice it takes to become, literally, the best. Lori-Ann does not spare herself when describing doubts and mistakes, and includes the reader in the emotional ups (and downs) of her journey.” – Rob Jones, *Canadian Cyclist Magazine*

“A gritty look at the struggle of an athlete to achieve the ultimate goal. Muenzer opens up her inner life like no one else before her and because of it reveals the heart of a true champion.” Mark Connolly, *CBC sports cycling commentator*

“Lori-Ann Muenzer’s road to Olympic glory was paved with the unlikely combination of self-doubt, insecurity and brutal determination. This is no smooth ride, but I found myself cheering her on, every step, and every lap along the way. In the story of Lori-Ann Muenzer, the underdog gets her day.” Robin Brown, host, *CBC Radio One “The Inside Track”*

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