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Racing Yesterday **by Andy Baxter**

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A new e-Book by athlete and fitness expert Andy Baxter, *Racing Yesterday* engagingly recounts the real life journey of two men who in their 40's, contending with athletes nearly half their age, take on the intense mental and physical challenges of training with a goal of competing for men's pair racing seats at the 2008 Olympic trials.

Andy Baxter's rowing partner on this quest for victory is Steve Kiesling, author of the quintessential 1980's rowers companion book *The Shell Game: Reflections on Rowing and the Pursuit of Excellence*, which is a rare peek into his own preparation as a member of the 1980 U.S. Olympic rowing team; the only Olympic Games ever boycotted by the U.S. Their dedicated partnership in the intrepid endeavor to reach the 2008 Summer Games enabled Kiesling to take one last pass at the Olympics, and pushed both men, at their respective ages of 41 and 49, to physical preparedness at the Olympic competitor level.

This book is not only about the science and trappings of world-class competitive rowing, but about its measurable parallels to life. Andy Baxter shows us empirically that, although there are physical boundaries set by cultural and personal presuppositions, these boundaries can be broken in the quest for health and fitness over 40, and shattered in the focused effort to achieve greatness at an Olympic level.

Topher Bordeau of Rowing News writes

...right from the get-go, Baxter's voice illuminates the narrative with the infectious enthusiasm of someone who loves both writing and the subject of his work. And he applies the same spirit (and remarkable amount of dedication) to his pursuit, with a healthy amount of humor mixed in.

Racing Yesterday can be purchased as an e-book at <http://www.racingyesterday.com>

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