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Michael O'Mara.

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## Laura Trott and Jason Kenny The Inside Track

### Laura Trott and Jason Kenny

#### Keynote

The official autobiography of the Rio Olympics' golden couple. Through an integrated narrative Laura Trott and Jason Kenny retrace the steps of a journey to gold-medal success at the Rio Olympics.

#### Description

**Shortlisted for the Cross Sports Award Cycling Book of the Year**

#### 10 gold medals don't come easy...

First comes the graft. Thousands of hours on the pedals, forever turning left, following that black line round, pushing your body harder than it is designed to go. Then comes the sacrifice. All familiar pleasures stripped away in search of perfection. Then the pain. Muscles burning, stomach churning, an ache in the bones. To pull all of this together to achieve an Olympic gold is impressive; to be part of a couple doing this in the same sport is rare; to do it ten times between you is unprecedented.

Laura Trott and Jason Kenny, Britain's most successful female and male Olympians, invite us into their world, on to the boards of the velodrome and down the back straight of British pro cycling to give us the inside track on what it takes to become a champion.

This is the story of the races that gripped a nation; one of sprints and pursuits, tactics, mind games, medals and trials; of being so tired you collapse by the side of the track, so out of form you can't finish a practice session; of what goes through the mind of an Olympian as they power towards the finish line; and of how a boy from Bolton and a girl from Cheshunt became the best in the world, while finding in each other the perfect partner.

#### Sales Points

- Shortlisted for the Cross Sports Award Cycling Book of the Year
- Laura and Jason are at the very pinnacle of their careers following Rio 2016 and are keen to participate in all forms of publicity. The campaign will include TV, national serialization, magazine coverage, radio and social media
- They will be undoubtedly nominated for Sports Personality of the Year in December and that will also generate further media coverage
- This inspirational autobiography explores the world of professional athletes, how they both first took up cycling, the highs and lows of competing, future aspirations, and what it is like being cycling's golden couple
- Includes 16 pages of colour photographs
- Ghostwriter Tom Fordyce has been a BBC Sport Interactive journalist since 2000 and written on a variety of sports. He has ghostwritten sporting columns for a number of athletes and has worked with Geraint Thomas and the Brownlee brothers on their award-winning autobiographies. He will also be providing contacts for PR

#### Reviews

- 'A well-timed and very readable joint biography from cycling's 'golden couple'' - *Road CC*
- 'Excellent' - *Veritesport.org*

#### Author Biography

##### Laura Trott (Author)

Laura Trott competed at the London and Rio de Janeiro Olympic Games in the team pursuit and omnium track cycling events, becoming Great Britain's most decorated female Olympian, with four gold medals.

##### Jason Kenny (Author)

Jason Kenny specializes in the individual and team sprints, and the keirin. No British athlete has won more Olympic golds, with six from the last three Games.