

The inspiring story of how a 56-yr-old avid cyclist recovered from a life-threatening bicycling accident to conquer an "impossible" biking tour just 9 months later. On a training ride going 28 mph, Ken's bike fork suddenly snapped apart, catapulting him onto his head and breaking his neck and six other bones. With pulverized neck vertebrae, his neurosurgeon said it was a miracle he didn't die or become a quadriplegic. Five vertebrae were surgically fused to save his life, leaving him with a permanently stiff neck and almost no ability to turn his head. In a momentous twist of fate, Ken had already registered to ride one of the country's most difficult bike tours, scheduled nine months later. With no idea if he could ever ride again, Ken made that 5-day/500-mile tour his recovery goal. He tells a remarkable tale of love and support from family and friends, and of spiritual growth, to return to normal in as many ways as possible despite numerous emotional setbacks. From climbing back on a bike for the first time, to walking his daughter down the aisle exactly six months after the accident, readers will share Ken's joy at reaching each milestone on his recovery journey.

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Mercurio is the author of "Head over Wheels: A 'Lucky Stiff' Turns Tragedy Into a Cycling Triumph," a compelling and conversational account of. Titanium in the hands of aerospace engineers who also ride! Specialized Head Over Wheels: A Lucky Stiff Turns Tragedy into a Cycling Triumph.

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