



# Lifetime of Training for Just Ten Seconds: Olympians in Their Own Words

*Richard Witt*

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Every four years the Olympic Games capture the world's imagination, catapulting new athletes into the pantheon of sports legends, a reputation built by their accomplishments on the field as well as their spirit of sportsmanship and perseverance. This new collector's edition, *A Lifetime of Training for Just Ten Seconds* - Richard Witt - captures the very best quotes by athletes themselves on their Olympic moment of glory.

Beautifully laid out in bold designs that are highly evocative of the style and era of the Olympiad in which they participated, the book presents the athlete's quotation and gives a concise history of the Games of that year and the participants involved. Inspiring, emotional, often humorous, the book is a tribute to the many heroes of the modern Olympic Games from Jesse Owens whose famous quote is also the title of the book to American discus thrower Al Oerter, winner of four successive gold medals (1956-68) who competed in the Tokyo Games of '64 despite excruciating pain from torn rib cartilage and said, "These are the Olympics; you DIE before you quit."

The quotes are categorized by chapter subjects which reflect the wide range of interests of fans of the Olympics such as: The Ceremonies, the Games by Year, individual sports, like gymnastics, and special categories such as "Dirty Tricks" and delegations that have colorful histories, notably the French and Americans.

*A Lifetime of Training in Just Ten Seconds* is a moving tribute to the memorable athletes who have inspired the world and have fittingly become legendary sports heroes.

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