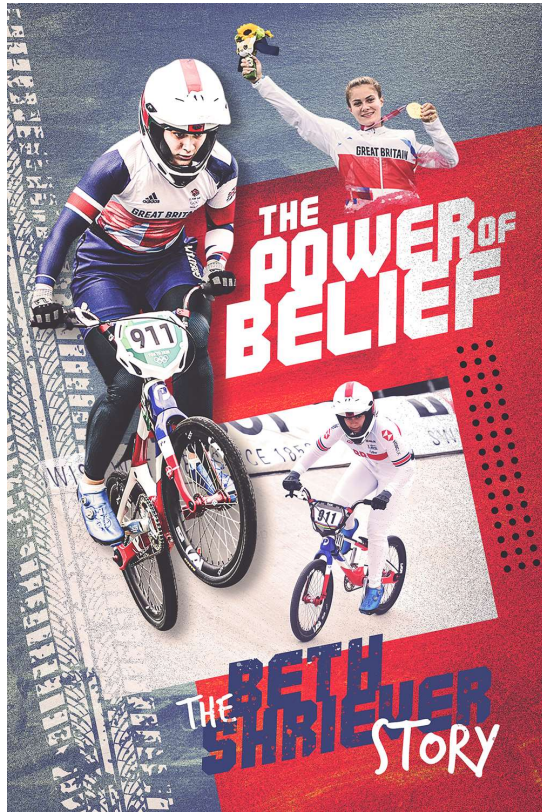




## Title information



### The Power of Belief

Bethany Shriever's Rise to the Top

By Bethany Shriever

#### Key features

- Inspirational story of an athlete's determination to overcome barriers that threatened to prevent her from achieving BMX greatness
- Moving interviews with family, friends, coaches and team-mates
- Covers issues such as self-belief, nutrition and building relationships, and includes a section on the history and technicalities of BMX racing
- Bethany wrote the book with Sarah Juggins, author of *The History Makers*, winner of the Thomson-Reuters Illustrated Sports Book of the Year
- Colour photo section includes pictures from Bethany's personal collection
- Publicity campaign planned including radio, newspapers, websites, podcasts and magazines

#### Description

When UK Sport removed funding for women's BMX, Bethany Shriever's dream of Olympic glory seemed shattered. Throw in the impact of a broken leg sustained in childhood, plus an untimely arm injury weeks before the final Olympic qualification event, and few would have thought the 22-year-old would be on the plane to the Tokyo 2020 Olympic Games, let alone the podium. And with the uncertainty caused by a global pandemic, the external pressures on Beth were intense and pervasive. However, the BMX racer from Essex is made of stern stuff and, perhaps just as importantly, so are the team around her. From her deeply involved family, to her dedicated coaching team, to her friends within the BMX community, Beth's story recognises the team behind an athlete. This compelling tale of triumph over adversity reveals how the power of belief overcame the obstacles that threatened to derail Bethany's dreams of becoming the best ever female BMX racer.

#### Details

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