



**Headline: New Memoir Tells Story of Athlete’s Determination to Win Ultimate Competition of Life**

Summary: Life takes a few unexpected turns for an athlete who dreams of competing in the Olympics in this new book released by Dog Ear Publishing.

(October 14, 2014) INDIANAPOLIS – Once she experienced the joy of competitive bicycling, Cindi was hooked, and she began training for the 1984 Olympic trials. That training – and her life – took a dramatic turn when a car swerved and hit her head-on, nearly killing her, as the events are shared in her dramatic new memoir. After spending weeks in a coma, she begins to recover, and with hard work she gets back on a bicycle. It is her determination to succeed that becomes the driving force of her incredible journey.

Cross-training on speed skates pays off, and Cindi’s bicycling gets better and better. She helps develop a regional coaching program at the U.S. Olympic Training Center in Colorado Springs to help coaches oversee and direct coaches at the local level. The U.S. Cycling Federation asks her to coach and coordinate the cycling program at the U.S. Olympic Education Center in Michigan. Life continues with more ups than downs, and Cindi becomes involved with Special Olympics. All is going well until she learns she has breast cancer. The treatment’s devastating effects spill into all aspects of her life, but she again draws on her inner strength and fights for her life.

“Determined” captures the story of a courageous woman who, with the support of her loving family, rises above intense physical and emotional challenges to persevere. Spokes of Hope, which aims to connect cancer patients in treatment with cancer survivors, represents just one effort of Cindi’s work to pay it forward for other survivors. Her story and those of the many others she encounters show what can happen when determination dominates the human spirit.

Author Cindi Hart, an inspirational speaker and nationally ranked cyclist and speedskater, works as a clinical informatics specialist at Regenstrief Institute and coaches speed skaters and cyclists. Hart is an advisor for speed skating and cycling for Special Olympics International and is a technical delegate for the World Games in both sports. Hart, who grew up near Dayton, Ohio, also serves as president of Spokes of Hope, making a difference in the lives of those affected by cancer. The Indianapolis resident’s awards include 2005 Woman of Character, 2006 U.S. Olympic Coach of the Year, Kids II “Pink Power Mom,” Indiana Sports Corp. Rev. Charles Williams award and Coach of the year for the National Council of Youth Sports. She and her husband, Ken, have a daughter, Madison and continue to live life determined to help others.

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For additional information, please visit [www.DeterminedHart.com](http://www.DeterminedHart.com)

**Determined**

Cindi Hart

Dog Ear Publishing

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\$16 US

Available at Ingram, Amazon.com, Barnes & Noble and fine bookstores everywhere.

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Dog Ear Publishing – self-publishing that actually makes sense.

Cover Caption: Dog Ear Publishing releases “Determined” by Cindi Hart.

Highlighted quote from release: “(The book) captures the story of a courageous woman who, with the support of her loving family, rises above intense physical and emotional challenges to persevere.”

Suggested cities for targeted release (limit of 5) [please note, these are not the only cities the release will be sent to]: Indianapolis, Indiana; Detroit, Michigan; Dayton and Cleveland, Ohio; Washington, D.C.;