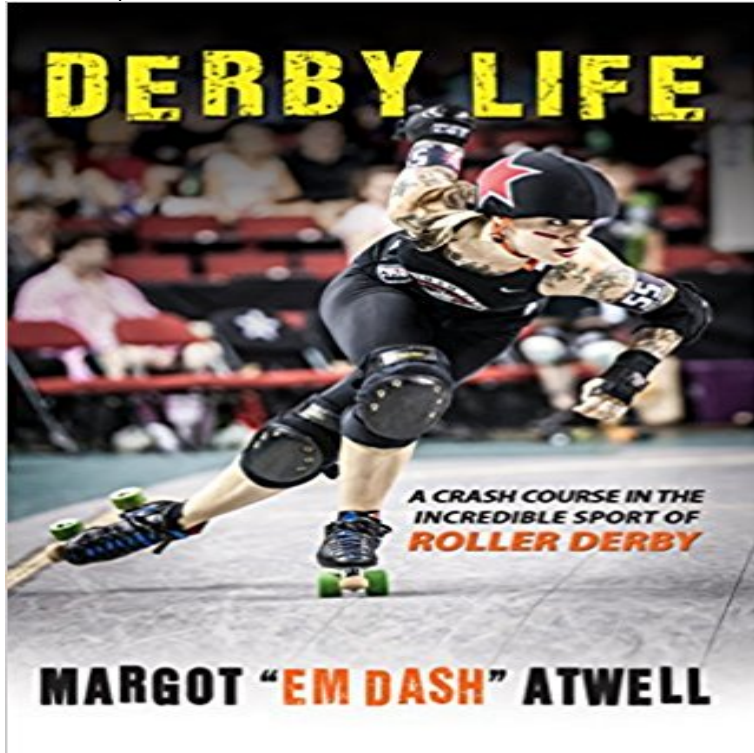


Derby Life: A Crash Course in the Incredible Sport of Roller Derby



Roller derby is an incredible, hard-hitting sporta cultural phenomenon with a storied past dating back to 1935. Modern roller derby, restarted in Austin, Texas, in 2001, has been one of the fastest-growing sports of the 21st century. The modern punk-inspired DIY amateur athletic movement has spread to almost 2000 leagues all over the globe in less than fifteen years. This book cant teach you how to skate, but it will get you up to speed on everything else! With chapters on the history of roller derby, rules and strategy, exercise and nutrition, and the gear youll need to play, Derby Life will teach you what you need to know to get rolling. Veteran skaters will appreciate chapters on building mental toughness, dealing with derby drama, and getting back in the game after an injury. Derby Life also includes advice from roller derby greats such as Bonnie Thunders, Scald Eagle, Swede Hurt, and others, and personal stories and beautiful photographs from derby people all over the world.

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