

RACING THE SUNSET

AN ATHLETE'S QUEST FOR LIFE AFTER SPORT



SCOTT TINLEY

Scott Tinley

**Racing the Sunset: How Athletes Survive, Thrive, or
Fail in Life After Sport**



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His new trip, driven by his quest for personal growth and healing, was filled up with pain, false starts, and heartrending intimacies. As he grew from beach rat to lifeguard to a recreational administration major, it seemed only natural to him that he would try to parlay the athletic abilities gleaned out of this idyllic lifestyle into a profession as one of the best triathletes in the world. It led him to a huge selection of other retired professional sportsmen who openly discuss their very own triumphs and tragedies. But when age took hold of his legs, and no amount of training would help, his athletic gold rush went bust. Always introspective and inquiring, Tinley threw himself headlong into athlete pension and the larger issues of life transition and change. Like much of California itself, his athletic life have been built on a fault. Cracks in his psyche begun to show, as if beneath it all. A seventh-era Californian, Scott Tinley led the quintessential Golden State dream. For two decades, his skill, tenacity, and devil-may-care attitude guided him along the path. With much discipline, Tinley completed one of the most thorough athlete studies ever attempted, and befriended such superstars as Costs Walton, Eric Heiden, Greg LeMond, Jerry Sherk, Steve Scott, and Rick Sutcliffe. On the way he uncovered secrets about himself and the process of change, turmoil, and final acceptance, all shared openly and eloquently in *Racing the Sunset*. Without every name we publish turns into a New York Moments bestseller or a national bestseller, we are committed to publishing books on topics that are sometimes overlooked by additional publishers also to authors whose work might not otherwise look for a house. Skyhorse Publishing, along with our Sports Publishing imprint, is proud to create a broad selection of books for readers interested in sports. Books about baseball, pro football, college football, pro and university basketball, hockey, or soccer, we have a book about your sport or your team. Furthermore to books on well-known team sports, we also publish books for a wide selection of athletes and sports enthusiasts, including books on running, cycling, horse riding, swimming, tennis, fighting techniques, golfing, camping, hiking, aviation, boating, therefore much more. This book can do for athletes of each level what *Passages* do for a whole generation.



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YOU are the Guy! or do we contact that core!! This book is packed with lotta brand-new stuff, and needs a prominent put on any athlete's bookshelf. Why? Tinley is a superb story teller and with humor and discomfort shares with the reader what it takes to find liberation from the cage we created for ourselves.? I hardly ever really understood what the issue was for an athlete to retire at a member of family young age with fame and money...! Twelve years later on with more experience in life, career, future... are there things we want to say that people never did??? YES! Which is the beauty of the book..i would say as a business person, the book helped me navigate through the normal evolution of business adjustments..giving a raw and very real explanation of existence and sport! But that is just the create and beginning.! Great vendor Great book Just Read It. If you haven't read the original edition, this is essential read.. Tinley begins with commentary from Expenses Walton, an outsider looking in.but now with an increase of experience, knowledge and a gift to embrace anyone of us who had goals.! and how to live it!.. Love it !... You don't need to end up being an athlete to get it. It's about life... What can replace the sounds of enthusiasts cheering or basking in the winner's circle?who is being challenged with transformation. Bravo Tinley!Bravo Tinley!...! We have been fortunate to get a sensible chronicler of the human being athletic condition to make sense of everything. Athletic retirement can be that 800-pound gorilla atop every pro's shoulder, weighing him or down with anxiousness, fear, and postponement. Like this book , like Tinley's writing design and like Tinleys anecdotes which a pass on throughout the book .who would like to understand how to break through the expected and embrace what can be.. The irony of the modern-day professional athlete: all those early-morning hours workouts, symbolized by the noisy alarms breaking the night's silence, another dawn has arrived, time to do what's muscle-memorized. No, this publication is NOT called Racing the Sunrise. Highly recommend the read Tinley gives a fascinating glimpse of existence following a pro-athlete's career.b Anyone no longer involved in sports should read this A Must browse for anyone involved in sports over along period of time who come across themselves no longer able to play for reasons unknown. How does one truly negotiate with an ageing body when you have been a champion? Appear at JORDAN or Brett Favre, when each refused to leave the game. When is it time to call it quits? What are the emotional and psychological after-effects?how to enjoy it! Two-period Hawaii Ironman champion Scott Tinley, who once defined the activity of triathlon in its early days --San Diego golden-boy Adonis handsome but with a rascally advantage-- has written a completely revised and updated edition of his classic Racing the Sunset that arrived nearly 15 years ago. from smacinnnes Having read everyone of Tinley's books this is a genuine treat!yes, we are able to reflect on the original book. If you already own that first copy, this too is a must read. Sports has dramatically changed

previously 10 years, both from the spectator and participatory sides.! Tinley's a gifted article writer who penned a back-of-the magazine column for Triathlete for over twenty years. The man could swim, bike, run, and write. If you liked reading the past due George Sheehan or Kenny Moore, Tinley's your man. So how should I end this review? Simply Read It. Great Book! Not having exercised since senior high school, I took a possibility about reading "Chasing the Sunset". The original book released in 2003 was natural. I was pleasantly surprised to get thte author could relate his very own and other athletes tales to the universal problem we all must face if you want to outgrow the psyche we created when we were youthful. Because how many situations in life do we get to do it once more? Thoroughly enjoyed it - a great read. And once and for all reason-- it details in vivid prose, keen insight, and easy syntax the various other end of the athletic spectrum-- the dusk, the finish of a time, or rather the finish of a career. Recommend the read.



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