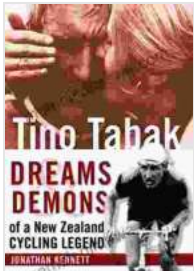


Tino Tabak: Dreams and Demons of a New Zealand Cycling Legend



Tino Tabak - Dreams and Demons of a New Zealand Cycling Legend (New Zealand Cycling Legends Book 5)

by William Fotheringham

★★★★★ 5 out of 5

Language : English
File size : 6849 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 144 pages
Lending : Enabled



Tino Tabak is one of New Zealand's most successful cyclists. He has won multiple national championships, competed in the Tour de France, and represented New Zealand at the Olympic Games.

But Tabak's journey to the top of the cycling world was not without its challenges. In his new book, 'Dreams and Demons,' Tabak shares his inspiring and heart-wrenching story.

Tabak was born in the Netherlands in 1962. He moved to New Zealand with his family when he was 10 years old. He started cycling at the age of 15, and quickly showed a talent for the sport.

Tabak won his first national championship in 1983. He went on to win the New Zealand road race championship four times, and the time trial championship three times.

In 1988, Tabak competed in his first Tour de France. He finished the race in 104th place, but he had made a name for himself as a talented young rider.

Tabak continued to compete at the highest level of cycling throughout the 1990s. He represented New Zealand at the Olympic Games in 1992 and 1996.

But Tabak's career was not without its setbacks. In 1994, he was diagnosed with testicular cancer. He underwent surgery and chemotherapy, and was able to return to racing.

However, Tabak's cancer returned in 2000. He was forced to retire from cycling, and underwent further treatment.

Tabak's story is one of inspiration and resilience. He overcame cancer twice, and went on to achieve great things in cycling.

In 'Dreams and Demons,' Tabak shares his story with honesty and candor. He writes about his struggles with cancer, his triumphs on the bike, and the challenges he faced after retiring from the sport.

'Dreams and Demons' is a must-read for anyone who is interested in cycling, or who is looking for an inspiring story of overcoming adversity.

Praise for 'Dreams and Demons'

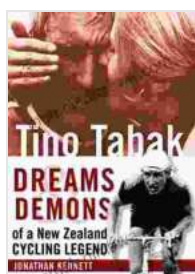
"Tino Tabak is a true legend of New Zealand cycling. His story is one of inspiration and resilience, and it is a must-read for anyone who is interested in the sport." - **Sir Richard Taylor, former president of the New Zealand Olympic Committee**

"Tino Tabak is an inspiration to us all. He has overcome cancer twice, and gone on to achieve great things in cycling. His story is one of hope and determination, and it is a must-read for anyone who is facing challenges in their own life." - **Dame Valerie Adams, Olympic gold medalist in shot put**

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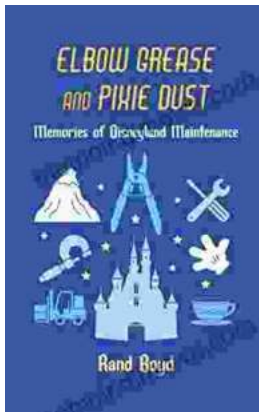
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