



26 Beats per Minute

Dez Wilder

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As a kid I never expected to find my salvation racing through the woods in the middle of the night aboard a mountain bike. I never dreamed I would become an athlete of any kind, especially the professional kind. And I never thought I would struggle with an eating disorder as I made my way through high school and transitioned into the adult world. But you know what they say about expecting the unexpected. This is the story of a boy who nearly died in his struggle with anorexia. This is the story of a boy who became a young man hell bent on conquering his demons by putting himself through as much pain as possible on his way to becoming a true competitor in the endurance mountain bike racing community. This is a story about winning and losing and giving it everything you've got. And this is a true story, my true story.

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Andrew McConnell:

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