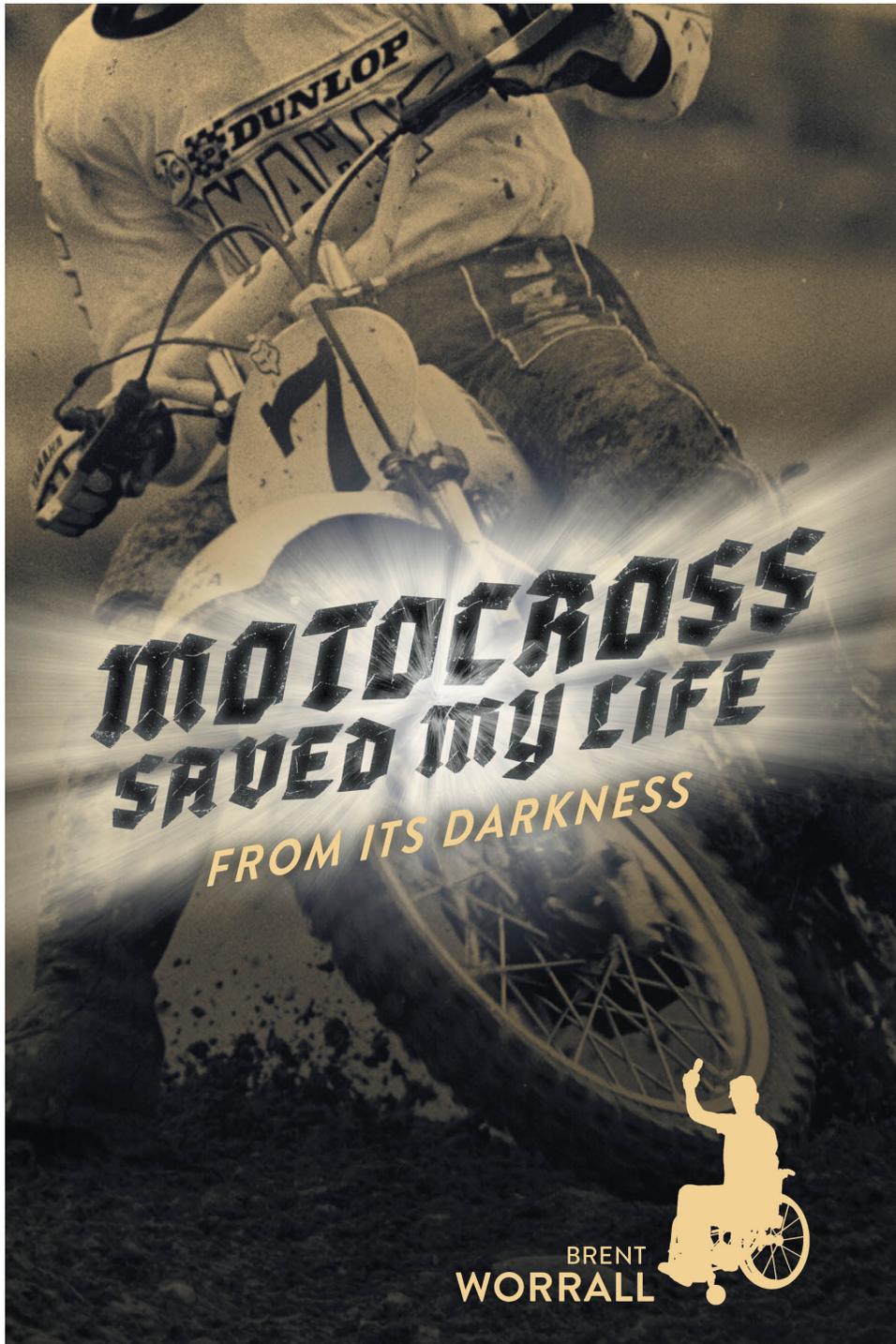


MEDIA KIT

Motocross Saved My Life From Its Darkness

By Brent Worrall

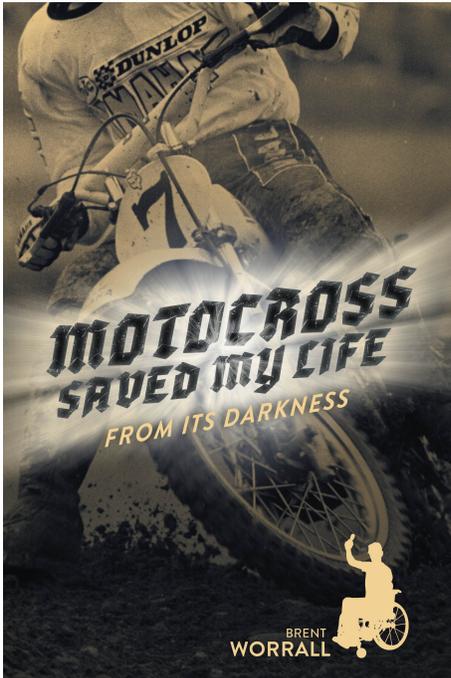


ABOUT THE BOOK

Motocross Saved My Life From Its Darkness

Written by Brent Worrall

(FriesenPress; 2019)



In 2011, former Canadian national champion motocross racer Brent “Air Mail” Worrall, who had recently returned to the sport after a lengthy absence due to struggles with alcohol, gambling, and depression, was again in a fight to save his own life. His shot at redemption and making peace with the sport he loves was cut short by a near-fatal crash. A mechanical malfunction in mid-flight over the track’s largest jump sent him spiralling into a nose dive. He had just enough time while airborne to say, “Survive, survive, survive.”

He broke his back and neck in six places, fractured his clavicle, sternum, and multiple ribs and collapsed his lungs. After flat-lining on the operating table four times, Brent’s doctors finally managed to stabilize him. He required two blood transfusions, and his doctors feared the worst. He emerged from hospital a paraplegic, given only five to ten years to live due to various complications from his accident.

After losing the sport he loved many years before to the seedy underworld of depression, alcoholism, drugs, and compulsive gambling, he vowed never to let go of his lifeline passion again. Brent meticulously takes us through his troubled journey to the eventual promised land where he now sits. Along the way, he recounts his many inspirational interactions with those who helped mould his character, including Rick Hansen on his Man in Motion tour as well as looking into Terry Fox’s eyes on his Marathon of Hope. In keeping with his character as an avid sports and history enthusiast, Brent takes us back through many pertinent historical events that shaped his life and society as a whole.

Two years after his accident, Brent was back at the track, this time to announce races rather than participate in them. Shortly after that, he launched the Canadian Moto Show, a live online talk-radio show, as well as a magazine, with his good friend Kevin Lefebvre. Throughout the process of giving back to the motocross community while also reinventing himself, he maintained a position as a senior writer at Motocross Performance Magazine. In 2016, he was nominated for a Coast Mental Health Courage to Come Back award. He continues to reshape his life within the sport he loves, refusing to let any of the formidable obstacles he has faced slow him down.

This book is Brent’s firsthand account of his journey, written in all five senses, with the hope that his story will motivate and inspire others to see that any seemingly insurmountable obstacles can be overcome.

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ABOUT THE AUTHOR

Brent Worrall



Brent “Air Mail” Worrall is a multiple trauma and brain injury survivor, avid sports enthusiast, and former top-level motocross racer and hockey player.

He collected many colourful achievements in his younger years, including being nominated for his hometown’s athlete of the year, along with finishing tenth in the world motocross championship for his age group. He spent many dark years in places that he is not proud of and credits many of his painful life lessons to his current resolve. He hosted the Canadian Moto Show for four years while reinventing his life following his spinal cord injuries. Throughout this process, he also maintained a position as a senior writer at Motocross Performance Magazine. In 2017, he shut down everything to write this book as a final gift to the motocross community. He currently devotes his life to a number of causes and activities, all of which are aimed at sharing his love of sports and motocross while also encouraging anyone who is facing adversity that it is never too late to turn your life around and make it count. He currently lives in Vernon, BC.

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MORE ON BRENT WORRALL

Career Highlights

- Nominated for 'Coast Mental Health' Courage to Comeback award in 2016.
- One Time Canadian National Motocross Champion - British Columbia Motocross Champion in 1980 as well as 2010 - (bookending a thirty year timeline).
- 10th overall in the 1981' World Mini Grand Prix at Saddleback Park in Orange County, California.
- Nominated by Chilliwack Parks and Recreation for Chilliwack B.C. Athlete of the year in 1981'.
- Host of the Canadian Moto Show Canada's only 'Live talk Motocross Show from 2013 to 2016 airing 137 Live two hour plus episodes.
- Announcer for Future West Motocross from 2013-2017.
- Hosted the first ever Live stream broadcast of the Walton Trans Can in 2015.
- Senior writer at MXP Magazine (Canada's premiere source for Motocross and Off-Road magazine) from 2014 to present time.
- Co-editor and contributor of Canadian Moto Show Magazine publication in both electronic and print file.

Mission

I plan to advocate for people who have mental health issues through sharing my story at various high profile sport and non-sport venues - also the same for trauma and substance abuse survivors.

I will continue to encourage and support anyone who is struggling with anything to never give up. I believe there is a miracle in store for each and every one of us. I am living proof, that anything is possible if the right attitude and approach is taken.

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MOTOCROSS SAVED MY LIFE

Reviews

“What a powerful story and legacy...Aspiring to achieve one's full potential through sport, regardless what form life's challenges might take. This is Paralympism - and this is Brent.”

-Sonja Gaudet, 3 Time Paralympic Gold Medalist

“Over the course of the 40 plus years that I've spent hanging around the sport of the motocross, very few people have inspired me the way Brent Worrall has.”

-Chris Pomeroy, Editor at Motocross Performance Magazine and former top Pro National Motocross racer

“Thoughtfully composed, oftentimes painstakingly written, former motocross superstar Brent Worrall offers the reader an honest and unapologetic examination of his own life, revealing a gritty and comprehensive narrative of both “dream-come-true” moments, and shocking encounters with death incarnate. Brent’s autobiographical account is a bold and audacious statement of VICTORY over personal demons, and is a stunning and inspirational testament about the perseverance of the human spirit.”

-Kevin G. Lefebvre, MA, RCC Psychotherapist

Full reviews listed on www.brentworrall.com.

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MOTOCROSS SAVED MY LIFE

Q&A with Brent Worrall

Q: How did this project start?

The idea of writing a book about my life was suggested by a few different friends. When it was suggested for the third time, I began to give it some serious consideration and the rest is now history.

Q: What has the process been like to write your life story, without holding back on the challenges you've had?

Writing out the seemingly dysfunctional timeline of my life was anything but easy mentally and emotionally. As the process evolved to its conclusion, I was finally able to put labels on and heal many deep emotional wounds, that laid well below the surface. I am no longer ashamed of the man that I ever was or have become as a result of writing my book. Sharing my story has helped me realize that no one is perfect and we all make mistakes. Seeing this book to its conclusion, has motivated me even more so to share my story with others that may benefit from my struggles.

Q: Has it helped you in your own recovery?

The writing of 'Motocross Saved My Life' has certainly enhanced my recovery. I am hopeful that in the same manner that I was able to visualize success through aspiring to others, many will identify with my first hand accounts of dealing with issues that are not easily confronted or often talked about.

Q: What are your goals with *Motocross Saved My Life*?

My mission in sharing my story, is in the hope that others never give up on their own personal dreams or life. I am living proof that no matter how desperate one has become, or how far down the scale they have fallen, there is still always hope. Not in a million years would I have ever imagined such a beautiful life fate, now that mine has come full circle. Returning to the sport that defined me as a youth, even though I later suffered a spinal cord injury; is a fate that I am content with. I consider myself a much better person today than I ever was back in my dark addictive world.

Q: What advice would you give to young Motocross racers today?

My advice to young Motocrosser's, would be to never give up, no matter how tough or bad things seem to get. When I walked away from Motocross, I had no idea how 'Dark' my life would become without it.

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MOTOCROSS SAVED MY LIFE

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Distributor: INGRAM

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- Returnable

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Available on most major online bookstores via INGRAM distribution, and ebook stores (Google Play, Amazon Kindle, Apple Books, Kobo, Nook.)

Consignment requests, please contact Brent at the details below.

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