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Book Authors: Roch Frey: Roch is former professional triathlete from Canada who s coaching expertise has become world renowned among the very best in the sport.

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Roch Frey is the author of Riding Bumps (4.00 avg rating, 4 ratings, 0 reviews, published 2013), Riding Bumps (3.33 avg rating, 3 ratings, Roch Frey s Followers.

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