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On the way to building a multimillion dollar coaching and multimedia business with more than 50 full-time employees, Chris also authored seven books, including the New York Times Bestseller, Chris Carmichael's Food for Fitness (2004) and his newest titles, The Time-Crunched Cyclist (2nd Ed.,

2012) and The Time-Crunched Triathlete (2010).

Chris Bio - CTS

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Chris Carmichael (cyclist) - Wikipedia

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