CONTENTS

Preface 7
Prologue 11

1

Melady Mango Race 19

2

Schooldays 28

3

Athlete and Coach 38

4

Struggling for Recognition 49

5

Gold at Last 68

6

Countdown to LA 83

7

One Step from Glory 99

8

New Horizons 117

9

Gold Rush 127

10

Seoul Stirring Performance 142

11

A Roller Coaster Year 162

Epilogue 175

Track File 184