

Eight-Time Winning Team Tour de France Doctor Live Blogs The Big Race

Former Olympic cyclist and personal development guru to over 40 Olympic, National and World Champions, Jeff Spencer, DC, is back with Team RadioShack for his 9th Tour de France as team Doc and this time he's doing more than physically fine tuning champions along rode to Paris.

He's blogging 'live' from the front line of the Tour and will be providing daily video, audio and written updates as seen through the eyes of one of the few to know the Tour "from the inside".

Dr. Spencer will be reporting his take on the strategies and mindsets of these world-class athletes and will share with readers how they can use the same strategies and Champions Blueprint to consistently win in life, business, and sports.

Champions Blueprint

Reader won't simply hear about the latest standings, crashes and lead changes.

They'll get an unprecedented look into the inner game of the 'the ultimate life clinic' and, through the eyes of Dr. Spencer, will discover that the mental game that takes these Champions over 2,100 miles over the course of 23 days is the same 'game' they can win to get on top of their personal podium.

Viewers can follow Dr. Jeff, Team RadioShack and the inside game of the Tour at www.championsblueprint.com/blog and listen in on a special 'Pre-Tour' interview posted on the site.

The tour begins July 1st and concludes in Paris on the Champs-Elysees on July 24th.

Having been privileged to work with dozens of World Champions in his career and having been credited for much of their success, Dr. Spencer knows it's the mental game that separates champions from the rest of the pack.

Over the years, he's amassed a veritable '*Blueprint*' of the secret strategies and tactics that Champions use to consistently win and applied them to winning the game of life.

Dr. Spencer speaks around the globe and shares his personal experience as a former Olympic Cyclist and '*Champion Maker*' by leading, coaching and training tens of thousands of entrepreneurs, business leaders, chiropractors and lay people every year.

He has clearly demonstrated that anyone who wants to 'win' the game of life can implement the exact strategies learned from the Champions Blueprint and find themselves on top of their personal podium.

If you'd like more information about Dr. Spencer or the Champions Blueprint Blog, or to schedule an interview, please e-mail David Jackson at drdavid@championsblueprint.com

