

# The Obree Way

Graeme Obree (born 11 September 1965 [1]), nicknamed "the Flying Scotsman", after the famous steam locomotive, is a Scottish racing cyclist who twice broke the world hour record, in July 1993 ... Scotsman Graeme Obree emerged from obscurity on 17 July 1993, when, after failing to break the world hour record the previous day, Obree succeeded in breaking Francesco Moser's mark. Jan 2, 2026 · Obree later regretted revealing the washing machine bearing detail to journalists, as media fixation on this minor component often overshadowed his more significant innovations and athletic ... At Obree we help our customers to build custom software solutions and tech companies scale up their teams. Obree saw his riding position banned in 1995, but he countered with yet another bicycle, employing the so-called "superman position", in which the arms were extended forward, again realizing an ... Dec 26, 2024 · Graeme Obree, known as the "Flying Scotsman," is a cycling legend who battled depression throughout his career. His story intertwines remarkable athletic achievements with ... Oct 5, 2021 · In 1993, amateur cyclist Graeme Obree's unusual riding position and homemade bike earned him a maverick status, but little success. 'Obree' chronicles his remarkable final attempt at ... Apr 11, 2026 · Graeme Obree remains one of cycling's most beloved and unconventional figures. Nicknamed the Flying Scotsman—a nod to the legendary steam locomotive—he twice broke the ... Obree Way - Review The Obree Way is a training manual based on Graeme Obree's own training methods over the past 30 years. I wrote a review of the Obree Way. Personal Issues Obree's ... Graeme Obree's unorthodox machine was the culmination of years of experimenting with aerodynamics and durability. His success marked the start of a professional career defined by cycling innovation. ...

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**The Flying Scotsman: Graeme Obree's Wild Ride of Innovation and Heart**

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