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Rock Solid Northwest Reads

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A HIGH DIVER'S MEMOIR OF RISK, TRAGEDY, AND GENEROSITY

PULLMAN, Wash.— As a youngster growing up in a Milwaukee, Wisconsin, suburb, Tom Haig ran wild with the neighborhood kids. By seventh grade, the thirst for adventure and fearlessness he learned from them led him to springboard diving.

“When I was older and experienced, I would feel, deep in my soul, that I was a diver.”

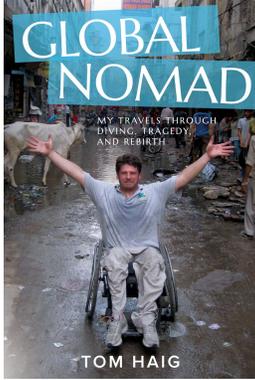
After graduating from the University of Illinois, Tom flew to Luxembourg on his first international trip. Despite being broke, hungry, and far from a flight home, he and his brother Dan headed to Venice, Italy. “Without any warning, the greatest and most powerful epiphany of our lives unfolded. We looked back at the paths we’d chosen to get to this starving moment, and concluded that not only had we made the right choice to stretch things to the limit, we were committed to continue to make those same kinds of decisions the rest of our lives.” And so began *The Bridge to Venice Rule*.

Living by that pact, Tom started work as a performance high diver in Missouri. Several times a day, he climbed to a small platform, lit himself on fire, and dove seventy miles per hour into a lake. Soon he was traveling all over the world, including to the 1989 Acapulco Cliff Diving Contest. In France he fell in love with cycling and carried a new passion back to Portland, Oregon, until one Sunday morning in

September 1996. He crashed headfirst into a truck and found himself living a very different life from a wheelchair. His recovery—mentally, physically, and emotionally—was excruciating. “I’d been in car accidents, fallen from water towers, and landed flat on my back from 70-foot multiple somersaulting dives. No crying. I used to swear, jump up and down, and tell jokes. Anything but cry. I was going to have to learn how to cry again, or I wasn’t going to survive. Then again, I wasn’t sure if I wanted to survive.”

In *Global Nomad*, Tom shares his early free-wheeling life with its exciting cities and colorful personalities, and his extraordinary post-accident return to The Bridge to Venice Rule—racing in marathons, traveling solo in some of the poorest countries in the world, meeting the Dalai Lama, jamming with jazz great Oscar Klein, holding disability seminars, and starting the International Rehabilitation Forum with his physician brother, Andy. In the process, he bares the unvarnished aftermath and heartbreaking vulnerabilities that follow permanent paralysis, and inspires us all to take risks and live remarkable, generous, lives.

Global Nomad is paperback, 6" x 9", 320 pages, and lists for \$22.95. It is available through bookstores nationwide, direct from Basalt Books at 800-354-7360, or online at basaltbooks.wsu.edu. The trade imprint of nonprofit academic publisher Washington State University Press in Pullman, Washington, Basalt Books concentrates on general interest titles about cooking, nature, history, science, and more for young children to older readers—all with a connection to the Northwest.



Title: *Global Nomad: My Travels through Diving, Tragedy, and Rebirth*

Author: Tom Haig

Publisher: Basalt Books, Pullman, WA 99164-5910

Format: 6" x 9", 320 pages, paperback

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Publication Date: December 2022

Summary:

Tom Haig developed a thirst for adventure early in life. While broke and hungry in Italy, he vowed to always push his limits—The Bridge to Venice Rule. Living by that pact, Tom started work as a performance diver and traveled all over the world. Then, while riding his bike in Portland, Oregon, he crashed headfirst into a truck. In *Global Nomad*, Tom recounts the exciting cities and colorful personalities from his diving career, followed by his extraordinary post-accident return to The Bridge to Venice Rule—racing in marathons, traveling solo, meeting the Dalai Lama, jamming with jazz great Oscar Klein, holding disability seminars, and starting the International Rehabilitation Forum with his physician brother, Andy. In the process, he bares the unvarnished aftermath and heartbreaking vulnerabilities that follow permanent paralysis, and inspires us all to take risks and live remarkable, generous, lives.

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Tom Haig

By the end of his undefeated state championship senior season at Glendale, Wisconsin's Nicolet High School, Tom Haig was the most decorated diver in the school's history—and the second highest one-meter scorer in the state's history. Ranked 6th nationally, he was a High School All-American, a two-time Braveland Conference champion, a two-time State Sectional champion and a two-time All-Midwest selection.

After high school, Tom spent four years diving in the Big Ten while he attended the University of Illinois. While there, he received three varsity letters, was the springboard diving team captain, and earned a B.S. in industrial psychology. He spent his twenties touring the globe as one of the world's best—and most daring—professional high divers. His travels took him to sixty countries on five continents. Along the way, Acapulco Cliff Diving Championship judges presented him with the "Mas Bravos" award and divers around the world copied his trademark dive.

Haig he parlayed his athletic career into working dozens of major sporting events for sports industry giant Adidas. But in a single day, he went from someone who had no fear jumping off eighty-foot cliffs to someone afraid to even approach a curb.

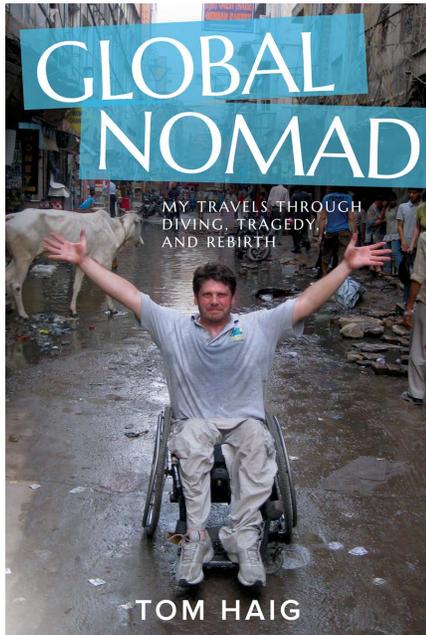
Yet Haig persevered. He turned to wheelchair and hand cycle racing, and has now completed more than twenty major marathons including Boston, New York, Washington D.C., Detroit, Chicago and Seattle. He is a two-time handcycling champion of his hometown Portland Marathon. He has competed internationally in downhill skiing, wheelchair basketball, hand cycling and wheelchair racing. In 2016 he was appointed the swimming coach for the Nepalese Paralympic team.

Haig also pursued a career in broadcast journalism, receiving his B.A. in broadcast journalism from Washington State University, Pullman, Washington. As an event coordinator for Adidas, he planned promotional campaigns for the Boston Marathon, NCAA Final Four (basketball and soccer), Women's World Cup, Atlanta Super Show, Hood to Coast Run and national sales meetings.

These days, Haig works as a communications consultant in a variety of roles, most notably for the International Rehabilitation Forum, an organization focused on addressing global medical rehabilitation issues. He spent six months launching a Tibetan radio station in the Himalayas and has lectured at medical colleges, conferences, and hospitals all over the world. He has shot, edited and produced videos on four continents in English, French and Nepalese. He is also a public speaker on transportation and disability topics.

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“I couldn’t get the story out of my head and found myself telling anyone who’d listen about this amazing guy from Portland and his fascinating, tragic, and ultimately inspirational life.”

—Bob Wodnik, award-winning journalist, author of *Back on Track* and *Captured Honor*

Global Nomad

My Travels through Diving, Tragedy, and Rebirth

Tom Haig

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