



## Swim, Bike, Run, Laugh!: A Lighthearted Look at the Serious Sport of Triathlon and the Ironman Experience

By Dan Madson

AUTHORHOUSE, United States, 2005. Paperback. Book Condition: New. 220 x 150 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Most books written about the sport of triathlon are pretty serious-Triathlon 101, Triathlon Training for Women, or Triathlon Training on Four Hours a Week. When I began training to become a triathlete, I looked for books that related to my life situation but could find nothing like Triathlon Training for the Married, Sleep-Deprived Father of Three or How to Do an Ironman without Training at All. When I decided to write a book about the sport of triathlon and the Ironman experience, my goals were simple: 1. Provide myself with another excuse to skip some long training runs. 2. Address significant questions that a triathlete contemplates when sitting in a porta-potty before an Ironman race: Is it really necessary to put Vaseline on my nipples before the run? How can I tell if my kidneys have failed? What should I say to the people just coming out of T2 as I m finishing the race? 3. Give something back to the sport, which has given me an appreciation for the delicate art of leg shaving, the joy of...



**READ ONLINE**  
[ 5.34 MB ]

### Reviews

*It is an remarkable book i actually have ever study. It usually is not going to charge an excessive amount of. Your daily life period will be convert the instant you total looking at this publication.*

-- **Trudie Pagac**

*This pdf is very gripping and exciting. I could comprehended everything using this created e book. You wont really feel monotony at at any moment of your own time (that's what catalogs are for about in the event you ask me).*

-- **Miss Vergie Marks DDS**

## You May Also Like



### **The Three Little Pigs - Read it Yourself with Ladybird: Level 2**

Penguin Books Ltd, United Kingdom, 2013. Paperback. Book Condition: New. 222 x 150 mm. Language: English . Brand New Book. In this classic fairy tale, the three little pigs leave home and build their own houses - one of straw, one of...



### **Baby Whale s Long Swim: Level 1**

Sterling Publishing Co Inc, United States, 2012. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book. When spring comes, a baby calf gray whale and his mother head north to find food-all the way from Mexico to...



### **Fox on the Job: Level 3**

Penguin Putnam Inc, United States, 2004. Paperback. Book Condition: New. James Marshall (illustrator). Reissue. 224 x 150 mm. Language: English . Brand New Book. Using their cache of already published easy-to-read books, Puffin launched their Easy-to-Read program. Favorite stories by such beloved...



### **Oxford Reading Tree Read with Biff, Chip, and Kipper: Phonics: Level 3: The Sing Song (Hardback)**

Oxford University Press, United Kingdom, 2011. Hardback. Book Condition: New. 176 x 150 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK s best-selling home reading series. It is based on Oxford Reading Tree which...



### **Three Simple Rules for Christian Living: Study Book**

Abingdon Press, United States, 2009. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book. Three Simple Rules for Christian Living by Jeanne Torrence Finley and Rueben P. Job This small-group study by Jeanne Torrence Finley is based...



### **Readers Clubhouse Set a Too Too Hot**

Barron s Educational Series, United States, 2006. Paperback. Book Condition: New. Karol Kaminski (illustrator). 220 x 148 mm. Language: English . Brand New Book. This is volume four, Reading Level 1, in a comprehensive program (Reading Levels 1 and 2) for beginning...