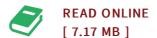




Swim, Bike, Run, Laugh!: A Lighthearted Look at the Serious Sport of Triathlon and the Ironman Experience (Paperback)

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...



Reviews

It is really an remarkable ebook that I actually have ever study. It is actually loaded with knowledge and wisdom You will not truly feel monotony at whenever you want of your time (that's what catalogs are for about in the event you check with me).

-- Mr. Norval Reilly V

This is basically the very best book we have go through until now. I have got read and i also am confident that i am going to gonna study once again again in the future. I am just very happy to inform you that this is basically the very best ebook we have read inside my own life and might be he very best publication for at any time.

-- Angus Hickle

Relevant eBooks



The Three Little Pigs - Read it Yourself with Ladybird: Level 2 (Paperback)

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 (Paperback)

Sterling Publishing Co Inc, United States, 2012. Paperback. Book Condition: New. 224 \times 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 (Paperback)

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 (Paperback)

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 (Paperback)

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...