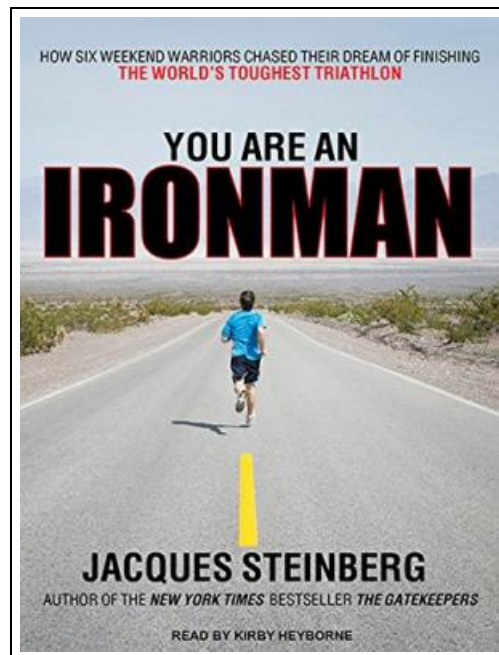


You Are an Ironman How Six Weekend Warriors Chased Their Dream of Finishing the Worlds Toughest Triathlon



Filesize: 6.8 MB

Reviews

Basically no phrases to clarify. It really is written in straightforward phrases rather than hard to understand. You will not sense monotony at any moment of your own time (that's what catalogues are for concerning if you ask me).

(Doris Beier)

YOU ARE AN IRONMAN HOW SIX WEEKEND WARRIORS CHASED THEIR DREAM OF FINISHING THE WORLDS TOUGHEST TRIATHLON



Tantor. No binding. Book Condition: New. MP3 CD. Dimensions: 7.6in. x 5.4in. x 0.6in. As he did so masterfully in his New York Times bestseller *The Gatekeepers*, Jacques Steinberg creates a compelling portrait of people obsessed with reaching a life-defining goal. In this instance, the target is an Ironman triathlon: a 2.4-mile open-water swim followed by a 112-mile bike ride, then finally a 26-mile marathon run, all of which must be completed in no more than seventeen hours. Steinberg focuses not on the professional who live off the prize money and sponsorships, but on a handful of triathletes who regard the sport as a hobby. Vividly capturing the grueling preparation, the suspense of completing each event of the triathlon, and the spectacular feats of human endurance, Steinberg plumbs the physical and emotional toll as well as the psychological payoff of the participants of the Ford Ironman Arizona 2009. His *You Are an Ironman* is both a riveting sports narrative and a fascinating, behind-the-scenes study of what makes these athletes keep going. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. MP3 CD.

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