



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

Dan Madson

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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 getting up at 5:00 a.m. on a regular basis, and that persistent feeling that no matter how much training I have done, I haven't done enough.

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From reader reviews:

John Vandorn:

The knowledge that you get from Swim, Bike, Run, Laugh!: A Lighthearted Look at the Serious Sport of Triathlon and the Ironman Experience is the more deep you looking the information that hide in the words the more you get considering reading it. It does not mean that this book is hard to recognise but Swim, Bike, Run, Laugh!: A Lighthearted Look at the Serious Sport of Triathlon and the Ironman Experience giving you thrill feeling of reading. The writer conveys their point in specific way that can be understood by anyone who read the item because the author of this reserve is well-known enough. That book also makes your current vocabulary increase well. Therefore it is easy to understand then can go with you, both in printed or e-book style are available. We suggest you for having this specific Swim, Bike, Run, Laugh!: A Lighthearted Look at the Serious Sport of Triathlon and the Ironman Experience instantly.

Eugene Williams:

Precisely why? Because this Swim, Bike, Run, Laugh!: A Lighthearted Look at the Serious Sport of Triathlon and the Ironman Experience is an unordinary book that the inside of the guide waiting for you to snap that but latter it will distress you with the secret that inside. Reading this book beside it was fantastic author who all write the book in such amazing way makes the content on the inside easier to understand, entertaining means but still convey the meaning totally. So , it is good for you for not hesitating having this any more or you going to regret it. This unique book will give you a lot of positive aspects than the other book include such as help improving your expertise and your critical thinking method. So , still want to delay having that book? If I ended up you I will go to the guide store hurriedly.

Nelson McNamee:

Playing with family within a park, coming to see the coastal world or hanging out with buddies is thing that usually you could have done when you have spare time, in that case why you don't try issue that really opposite from that. A single activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you are ride on and with addition of information. Even you love Swim, Bike, Run, Laugh!: A Lighthearted Look at the Serious Sport of Triathlon and the Ironman Experience, you are able to enjoy both. It is fine combination right, you still need to miss it? What kind of hang-out type is it? Oh can happen its mind hangout fellas. What? Still don't obtain it, oh come on its identified as reading friends.

Carolyn Scott:

Swim, Bike, Run, Laugh!: A Lighthearted Look at the Serious Sport of Triathlon and the Ironman Experience can be one of your nice books that are good idea. Most of us recommend that straight away because this e-book has good vocabulary that will increase your knowledge in words, easy to understand, bit entertaining but still delivering the information. The copy writer giving his/her effort to get every word into joy arrangement in writing Swim, Bike, Run, Laugh!: A Lighthearted Look at the Serious Sport of Triathlon

and the Ironman Experience although doesn't forget the main stage, giving the reader the hottest and based confirm resource info that maybe you can be one of it. This great information can drawn you into brand new stage of crucial pondering.

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