



Run, Ride, Sink or Swim: A Year in the Exhilarating and Addictive World of Women's Triathlon

Lucy Fry

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Three sports in one event? Triathletes must be crazy, right? At the age of thirty-one, Lucy Fry was pretty certain she knew her limits: triathlon was not for her. But as increasing numbers of her female friends signed up to tri, Lucy couldn't help wondering: what was it about this sport that women found so transformative? The time had come to find out. Over one year, five triathlons and hundreds of training hours, Lucy discovers the competition and camaraderie, how to wear a sports bra under a wetsuit, whether getting over 'jelly legs' makes you a more resilient human being - and that maybe she doesn't know her limits after all...Funny, warm and engaging, Run, Ride, Sink or Swim is for the tri-curious and the tri-hard, and for any woman looking to make the transition from sofa to start line.

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Latricia Wynkoop:

A lot of people always spent all their free time to vacation as well as go to the outside with them family or their friend. Do you know? Many a lot of people spent that they free time just watching TV, or even playing video games all day long. In order to try to find a new activity here is look different you can read some sort of book. It is really fun for you personally. If you enjoy the book that you read you can spent all day long to reading a publication. The book Run, Ride, Sink or Swim: A Year in the Exhilarating and Addictive World of Women's Triathlon it is rather good to read. There are a lot of folks that recommended this book. These people were enjoying reading this book. In case you did not have enough space to bring this book you can buy typically the e-book. You can more easily to read this book from a smart phone. The price is not too expensive but this book has high quality.

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Neil Nilsson:

What is your hobby? Have you heard which question when you got pupils? We believe that that query was given by teacher to the students. Many kinds of hobby, All people has different hobby. And you also know that little person like reading or as looking at become their hobby. You should know that reading is very important as well as book as to be the matter. Book is important thing to increase you knowledge, except your own teacher or lecturer. You get good news or update with regards to something by book. Numerous books that can you go onto be your object. One of them is niagra Run, Ride, Sink or Swim: A Year in the Exhilarating and Addictive World of Women's Triathlon.

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