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Ironman Hawaii. My Story.: A Ten Year Dream. A Two Year Plan

Frank Adornato

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This is my story about a ten year dream to race in the Ironman Triathlon Championship in Kona Hawaii. It starts more than thirty years ago when I decided to race in a local triathlon. While it wasn't the plan, that first race got me hooked, and triathlon became a lifestyle for me. As I raced through the years, the idea of competing in an Ironman distance triathlon took shape. What started as a dream developed into a two year plan that took me to Kona Hawaii in October 1994. This book tracks my journey of training, racing and the overall preparations for that major milestone in my life. And this is more than a story. As you'll read, it tells you my first-hand experiences with training and race successes as well as those things that didn't go quite so well. If you are even a little curious about what it takes to prepare for an ironman triathlon, this book will give you detailed insight into the training and preparation needed.

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From reader reviews:

Bonita Murray:

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Anthony Parker:

Exactly why? Because this Ironman Hawaii. My Story.: A Ten Year Dream. A Two Year Plan is an unordinary book that the inside of the guide waiting for you to snap it but latter it will jolt you with the secret the idea inside. Reading this book close to it was fantastic author who also write the book in such awesome way makes the content inside easier to understand, entertaining method 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 phenomenal book will give you a lot of gains than the other book have such as help improving your proficiency and your critical thinking way. So , still want to delay having that book? If I had been you I will go to the book store hurriedly.

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Playing with family in a park, coming to see the water world or hanging out with buddies is thing that usually you will have done when you have spare time, then why you don't try issue that really opposite from that. Just one activity that make you not feeling tired but still relaxing, trilling like on roller coaster you already been ride on and with addition associated with. Even you love Ironman Hawaii. My Story.: A Ten Year Dream. A Two Year Plan, it is possible to enjoy both. It is fine combination right, you still need to miss it? What kind of hang-out type is it? Oh can occur its mind hangout fellas. What? Still don't get it, oh come on its identified as reading friends.

Carla Heyward:

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