



# Racing Ironman: From Debut to Kona and Beyond

*Raymond Britt*

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## **Racing Ironman: From Debut to Kona and Beyond** Raymond Britt

When you compete in an Ironman Triathlon, one of the toughest endurance events on the planet, you should expect the unexpected, and you'll get it. Better be prepared: sun or rain, lightning or wind, freezing temperatures or searing heat, smooth sailing or equipment breakdowns, bonking on the bike or racing with a smile to the end. This book takes the reader deep into the heart of the Ironman racing experience, and tells exactly what it's like to race from start to finish, through just about any situation, to achieve the triathlete's ultimate goal: to become an Ironman. This book delivers the experience in race reports from 22 Ironman races -- in Austria, Germany, Switzerland, New Zealand, Canada, and Florida, Lake Placid and Wisconsin -- completed over a 10-year period. What can you expect in your Ironman Triathlon experience? The answer is here.

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