

## **Triathlon Disasters & How to Avoid Them**

Paul N. Bloom, David K. Williams



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Drawing on many years of coaching and competing in triathlons, the authors highlight a series of "disasters" that they and their clients have experienced while racing. They recount dozens of amusing and enlightening stories about things that have gone wrong before, during, and after races, and they provide detailed, practical tips and guidance about how to avoid such disasters. Written for both seasoned and novice triathletes, the book should entertain while educating, and it should help athletes improve their race performances. Additionally, the book contains several clever cartoons that will generate smiles and help the stories come alive.

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