

BECOMING AN IRONMAN

First Encounters with the Ultimate Endurance Event

Featuring JOANNA ZEIGER, SCOTT TINLEY, BILL BELL, and many more



KARA DOUGLASS THOM

With a foreword by JOHN COLLINS, Founder of the Ironman

"Truly inspiring. . . . Highly recommended." —*Library Journal*

Becoming An Ironman First Encounters With The Ultimate Endurance Event

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