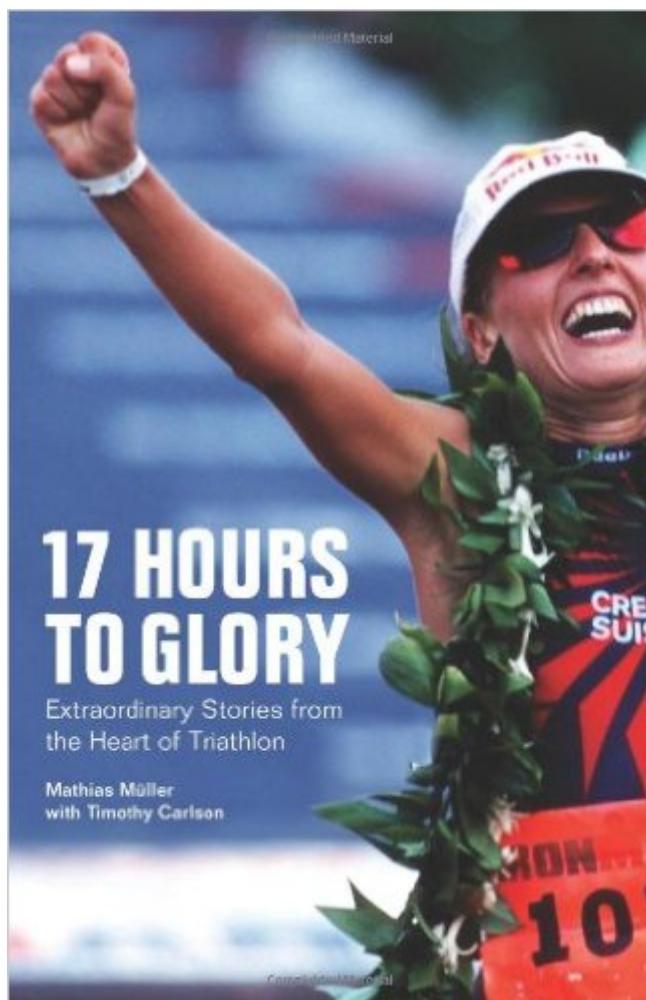


The book was found

17 Hours To Glory: Extraordinary Stories From The Heart Of Triathlon



Synopsis

From the moment the starting gun is fired on Kona's sandy beach at the Ironman World Championship, triathletes have 17 hours to cross the finish line. It's a feat marking the ultimate achievement in the sport. 17 Hours to Glory is one of only a few books to commemorate this dramatic quest. Seventeen compelling stories allow readers to experience the competition first-hand, revealing tremendous athleticism, unbelievable capacity for suffering, and true strength of character. The personal stories of triathlon's most epic characters come to life in this book, beginning with the famous story of Julie Moss's determination to reach the finish line, paving the way for future champions like Mark Allen and Paula Newby-Fraser, and a new generation of superstars in Greg Welch and Chrissie Wellington. 17 Hours to Glory tells the stories of a sedentary secretary with all of the wrong habits taking up triathlon to lose weight, a nun who races triathlons to bring attention to her causes, and two men with a rivalry so intense that their disabilities fade into the shadows. Injury, tough breaks, and down-to-the-wire finishes highlight years of dedication to reaching a goal. Some will become champions, some will overcome all odds just to finish, only to come back and do it again. Triathlon's most dynamic heroes are candidly portrayed in 17 Hours to Glory, a book that puts no limits on the possibilities of the human spirit.

Book Information

Paperback: 224 pages

Publisher: Velo Press (May 1, 2010)

Language: English

ISBN-10: 1934030430

ISBN-13: 978-1934030431

Product Dimensions: 6.1 x 0.7 x 9.1 inches

Shipping Weight: 1.1 pounds

Average Customer Review: 4.5 out of 5 stars See all reviews (6 customer reviews)

Best Sellers Rank: #915,854 in Books (See Top 100 in Books) #163 in Books > Health, Fitness & Dieting > Exercise & Fitness > Triathlons #238 in Books > Sports & Outdoors > Individual Sports > Triathlon

Customer Reviews

If you are doing an IronMan in the near future, this is one of the best books you could read to "get in the racing mood". In some ways, it is similar to "Becoming an Ironman", the classic everyone should read before their first IronMan race. But the main difference is that this book is not written by

the athletes, but by the authors based on interviews with the athletes. Although this is less "first hand" approach, the result is better written text. If you like IronMan racing, you will love this book. It is exciting, motivating and will bring you to tears in many of its pages.

I expected this book to be told more from the participant's viewpoint, it really just described each of the "superstar" ironman finishers and the stories leading up to each moment of greatness from the author's perspective. I enjoyed hearing some of the history of the early ironman races, and the author does convey some feeling to the story to keep you reading about each person. In fact there were a few sections of the book that are quite inspirational, and those moments are what kept me reading. Not exactly what I expected, but not a total loss either.

Very good lecture for people that love triathlon and sports in general!

[Download to continue reading...](#)

17 Hours to Glory: Extraordinary Stories from the Heart of Triathlon Heart Disease: Heart Disease Prevention And Reversal Guide To Prevent Heart Disease And Reverse Heart Disease With Heart Disease Prevention Strategies And Heart Disease Diet Advice IronFit Secrets for Half Iron-Distance Triathlon Success: Time-Efficient Training For Triathlon's Most Popular Distance IronFit Triathlon Training for Women: Training Programs and Secrets for Success in all Triathlon Distances Ouija Board Stories: Chilling True Horror Stories Of Ouija Boards Gone Wrong (Ouija Board Stories, Ghost Stories, True Horror Stories, Ouija Board Nightmares, Haunted Places Book 1) Gold in the Water: The True Story of Ordinary Men and Their Extraordinary Dream of Olympic Glory Heart Health: Heart Healthy Cookbook: 30 Quick & Easy, Heart Healthy Greek Recipes For Smart Heart Health (cooking, weight loss, weight maintenance) (cooking, ... weight maintenance, weight watchers Book 1) Android Application Development in 24 Hours, Sams Teach Yourself (3rd Edition) (Sams Teach Yourself -- Hours) HTML and CSS in 24 Hours, Sams Teach Yourself (Sams Teach Yourself in 24 Hours) HTML and CSS in 24 Hours, Sams Teach Yourself (Updated for HTML5 and CSS3) (9th Edition) (Sams Teach Yourself in 24 Hours) Sams Teach Yourself WPF in 24 Hours (Sams Teach Yourself -- Hours) Buried in the Sky: The Extraordinary Story of the Sherpa Climbers on K2's Deadliest Day: The Extraordinary Story of the Sherpa Climbers on K2's Deadliest Day Bizarre True Stories: Weird And Unusual True Stories Of The Paranormal, Strange Sightings, Eerie True Ghost Stories And Unexplained Phenomena (True Paranormal ... True Ghost Stories And Hauntings) Ghost Stories: Petrifying True Ghost Stories Of The Undead And Their Supernatural Tales (Ghost Stories, True Ghost Stories, Conspiracy Theories, True Ghost ... And Hauntings,

Haunted Asylums, Book 1) True Ghost Stories And Hauntings: Horrifying True Paranormal Hauntings From The Last 300 Years: Creepy True Ghost Stories And Accounts (True Ghost Stories, True Paranormal, Bizarre True Stories) Gunner's Glory: Untold Stories of Marine Machine Gunners The Cardiac Recovery Cookbook: Heart Healthy Recipes for Life After Heart Attack or Heart Surgery The South Beach Heart Health Revolution: Cardiac Prevention That Can Reverse Heart Disease and Stop Heart Attacks and Strokes (The South Beach Diet) Surgery Open Heart: A Surgical Nurse Guides You Through Open Heart Surgery (Open Heart Surgery, Aortic Valve / Mitral Valve Replacement, Coronary Artery Bypass, Aortic Aneurysm, Myxoma) Heart to Heart Stories for Dads

[Dmca](#)