

The Road to Ironman Louisville 2011: A Man, a Journey, and 140.6 miles of Swim, Bike, Run

Samuel F. Wilkinson



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This book represents my story of training for and competing in Ironman Louisville 2011. Its intended audience is family and friends. However, if you participated in Ironman Louisville, or you simply can't read enough about triathlon, you just might find it interesting.

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