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# 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 and IronMan in the near future, this is one of the best books you could read to "get in the racing mood". In someways, 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!

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