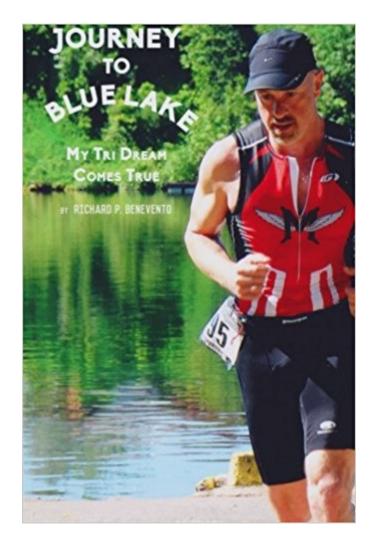


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Journey To Blue Lake: My Tri Dream Comes True





Synopsis

First-time triathlete Richard Benevento found nature to be his catalyst in healing and growing stronger. In his motivational memoir, Journey to Blue Lake, My Tri Dream Comes True, he chronicles his turbulent months of training with humor and candor. During this time, he was facing the death of his father and his marriage, and had turned to drinking to cope. Luckily, it was his training that led him to find himself and his life, once again. His supportive, yet funny narrative, combined with practical training tips will guide other newbies through all of their $\tilde{A}\phi\hat{a} \ \neg \hat{A}$ "firsts $\tilde{A}\phi\hat{a} \ \neg \hat{A}$ •. Includes: $\tilde{A}\phi\hat{a} \ \neg \ddot{E}$ œTri Terms $\tilde{A}\phi\hat{a} \ \neg \hat{a}$, ϕ Glossary, Check List for Equipment, Apparel, and Race Day plus a Training Journal to be kept as a memento of your first race.

Book Information

Paperback: 196 pages Publisher: RPB Publishing (November 17, 2015) Language: English ISBN-10: 0692583750 ISBN-13: 978-0692583753 Product Dimensions: 6 x 0.4 x 9 inches Shipping Weight: 12.5 ounces (View shipping rates and policies) Average Customer Review: 5.0 out of 5 stars 2 customer reviews Best Sellers Rank: #826,493 in Books (See Top 100 in Books) #124 inà Â Books > Health, Fitness & Dieting > Exercise & Fitness > Triathlons #191 inà Â Books > Sports & Outdoors > Individual Sports > Triathlon

Customer Reviews

Rick Benevento writes a wonderful story about not only his first Tri dream coming true, but a life sharing story of staying true to one's self and striving for something you want.

Observing Rick's journey was exciting! His writing makes you feel like you are right there with him. Besides being a great read, this book would be helpful to anyone considering a similar race.

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