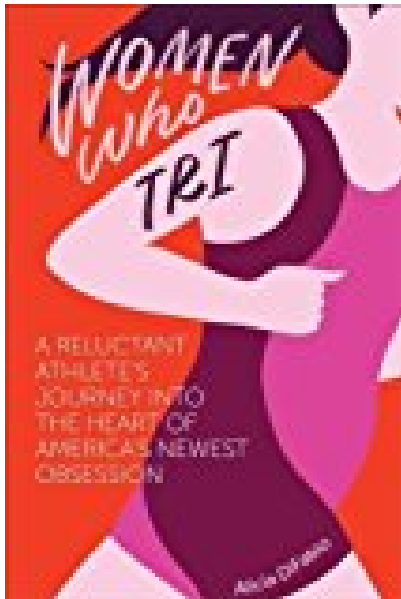


# Women Who Tri A Reluctant Athletes Journey Into the Heart of Americas Newest Obsession

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## BOOK DETAILS

- Author : Alicia DiFabio Psy.D.
- Pages : 216 Pages
- Publisher : VeloPress
- Language : English
- ISBN : 1937715582

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## BOOK SYNOPSIS

What would you do if half your town caught triathlon mania? If you're like Alicia DiFabio—a minivan-driving, harried mother of four small children whose daily look features stained yoga pants, a messy ponytail, and a big diaper bag—you would shrug your shoulders and try to hold on for that after-bedtime glass of wine. It was to her utter surprise that this middle-aged, out-of-shape mother found herself on the starting line of a triathlon. In *Women Who Tri*, DiFabio explores the triathlon phenomenon that has gripped her town and swept the nation. Her memoir is both inspiring and informative as it explores the popularity, psychology, subculture, and transformative power of triathlons among "ordinary" women. Set in a small New Jersey town that now hosts America's largest women-only triathlon club, *Women Who Tri* weaves together the insights of a psychologist, the research of a journalist, and the deep insecurities of a daunted newbie. DiFabio shares her journey from nervous newcomer to triathlon finisher as she investigates one of the world's most challenging and inspiring sports. She profiles women who have overcome challenges to become athletes and tri for themselves and to help others. *Women Who Tri* will entertain, enlighten, and inspire any triathlon enthusiast, from tri-addicts to the tri-curious.

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