Foreword Review SPORTS & RECREATION

Women Who Tri: A Reluctant Athlete's Journey Into the Heart of America's Newest Obsession

Alicia DiFabio
VeloPress (Apr 2, 2017)
Softcover $18.95 (216pp)
978-1-937715-58-8

The human body has nearly 700 named skeletal muscles, so it stands to reason that an ideal exercise would make use of every last one—a tall order, to be sure. The full-body-workout gold medal for sporting events may go to the swimming, biking, running demands of triathlons, especially Ironman-type competitions—2.4 mile swim, 112 mile bike ride, 26.2 mile run—in which most competitors need more than twelve hours to finish. While still grueling, most triathlons around the world involve much less total mileage, and most triathletes are ordinary women seeking a unique, healthy challenge. Alicia DiFabio, mother of four, admittedly out of shape (before her first triathlon), explores the history, subculture, and psychological appeal of triathlons in this engaging memoir.

MATT SUTHERLAND (May/June 2017)

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