



No, Seriously, My Training Starts Tomorrow: The Everyman's Continuing Guide to Ironfit Swimming, Cycling & Running (Paperback) - Common

By (author) Roman Mica, Edited by Houlding Judith Houlding By (author) Mica Roman Mica

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In his second book, Mica travels to Europe to compete in his second Ironman race in Austria where he goes from being a newbie triathlete to sponsored age-group athlete, and age-group winner--only to be disqualified.

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