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Acknowledgments

This book is dedicated to my beautiful wife, terrific son, mother and stepfather, and all of the great friends, readers and sponsors that have made my journey from everyman to Ironman such a fantastic and thrilling ride.

I am so very grateful and thankful for all of your support and encouragement, and especially the chance to share my journey with such a caring community of endurance athletes.

Let's keep this crazy lifestyle our secret, as it surely is a great way to be alive!

Sample file

Sample file

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Chapter 1

The Swim Always Comes First

My first and only swim invention

All I remember is the mind-numbing tedium and the relentless boredom as I swam, staring at the same tree with every breath I took. Stroke, breath, tree...stroke, breath, tree...stroke, breath, damn bloody tree. When would I ever get past this freaking, gnarly, piss ant, God-awful tree?



It started, as these things usually do, in the hot tub after a late night masters swim class.

I was just relaxing and chatting with a friend when he suggested that I should go swim the Horsetooth 10k Open Water Swim. Now that's a long swim title, but the part that I didn't seem to register at the time was the 10k bit. That's 6.2 miles long for us Yanks. A big omission.