

Triathlete in Transition

an inspirational, commonsense guide for the novice triathlete

BY RAY FAUTEUX, AUTHOR OF..

“Ironstruck ... The Ironman Triathlon Journey,”

“Ironstruck? 500 Ironman Triathlon Questions and Answers,”

“Lifestruck ... A Better Way For Today’s Youth.”

INTRODUCING GUEST EXPERTS...

KEVAN MacNAUGHTON – 26 years with “The Bike Shop”

GRANT MOLYNEUX – Triathlete, coach, author

SHELLY MacGREGOR – Massage Therapist

DEREK COOK – Naturopathic Doctor

JEFF THOMLINSON – Trinity Yoga

FEATURING..

STEVE KING – The voice of Ironman Canada and Ultra-athlete

TERRY LAUGHLIN – Creator of *Total Immersion Swimming*

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Sample file

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** Chapter features guest expert.

ACKNOWLEDGMENTS

Thank you...

When I first considered writing this book I had every intention of following the guidelines I set in place for myself when I created Ironstruck the website, and my first three books.

I would not write about a subject that I did not have experience with myself at one point or other during my life or during my athletic career.

I always thought that to do so would be a disservice to the people who took the time to read what I had to say. At the same time, it limited me as to what I could pass on that might be helpful to others when it came to topics I knew little or nothing about.

On that note, I would like to thank the special people who have agreed to share their knowledge with the readers of this book, especially the guest writers for "Triathlete in Transition."

First of all, I would like to thank Kevan, who actually inspired me to search out guest writers when I asked him to explain all about road bikes and triathlon bikes and what the novice triathlete should take into consideration when making their bike purchase as they venture into the world of triathlon. He explained it so eloquently that out of the blue I said, "would you like to write that part of the book for me?"

So thanks, Kevan. Thanks for helping me out now, and also 25 years ago when you shared your knowledge and expertise and were instrumental in helping me cross the finish line of Ironman Hawaii in 1984. I have never forgotten.

It was so great being part of the Ironman Calgary 70.3 Expo because I had the opportunity to meet so many talented and special people.