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RUN, RIDE, SINK OR SWIM: A ROOKIE S YEAR IN WOMEN S TRIATHLON



FABER FABER, United Kingdom, 2016. Paperback. Book Condition: New. Main. 198 x 129 mm. Language: English. Brand New Book. At the age of thirty-one, Lucy Fry was pretty certain she knew her limits. And here s how she felt about the component parts of triathlon: swimming fairly terrifying, especially in open water. Cycling - brilliant when done on a stationary bike, indoors. Running - sometimes fantastic, sometimes hideous. But as increasing numbers of her female friends continued to...

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- Authored by Lucy Fry
- Released at 2016



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