



# **Triathlon!: A tribute to the world's greatest triathletes, races and gear**

*Matthew Baird*

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***Triathlon!* is a celebration of the triathletes, courses and gear that make up one of the fastest growing sports in the world. Triathlon racing - competition across the three disciplines of swimming, cycling and running - is the ultimate test of human athleticism. Whether it is on the Hawaii shore, on the frozen fjords of Norway it attracts hundreds of thousands of competitors every year. From sprint triathlons to Ironman challenges, *Triathlon!* is the ultimate tribute to one of the world's toughest challenges.**

Including chapters on the greatest triathletes in history, from the Six-time Ironman Triathlon World Champion Mark Allen, to the irrepressible Chrissie Wellington, Four-time Ironman World Champion, and the best from across the globe, *Triathlon!* covers the individuals - men and women - who have made the sport their own and inspired thousands to follow in their footsteps.

Alongside an in-depth history of the sport written by a leading triathlon expert readers will also find over 500 beautiful full-colour unique photographs of the greatest triathlon races in the world - from Hawaii to Norway, the Alps to Alcatraz - as well as the athletes and gear. Complete with statistical analysis of each race for everyone from first-time competitors to veterans, *Triathlon!* will give a complete account of what it's like to take part in these races, and what it requires to succeed.

*Triathlon!* will also tell the complete story of the evolution of the triathlon gear - from the development of the Triathlon bikes, as explained by experts in their field, to the pursuit of aerodynamics, wetsuits, GPS watches and nutrition to give a complete account of the world of triathlon competition.

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