



Countdown to Kona: An Amateur Triathlete's Journey from Lottery Winner to competing In the Ford Ironman World Championship

Dale E. Tweedy

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Have you ever wondered how a triathlete can survive for 140.6 miles racing the Ford Ironman World Championship race in Hawaii? How about an ordinary person who has the luck of winning a lottery slot to race with the best athletes in the world in this race. Dale Tweedy did just that. His book gives an up close and personal account of what the race looks like and feels like from the athlete's perspective as he battles the harsh winds and heat of the big Island. Part II of the book is a copy of his blog he kept in the months preceding the race in Hawaii. This part of the book gives a detailed overview of the grueling training and preparation he goes through, and the challenges he faces, as he prepares to race in the 2008 Ford Ironman World Championship.

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