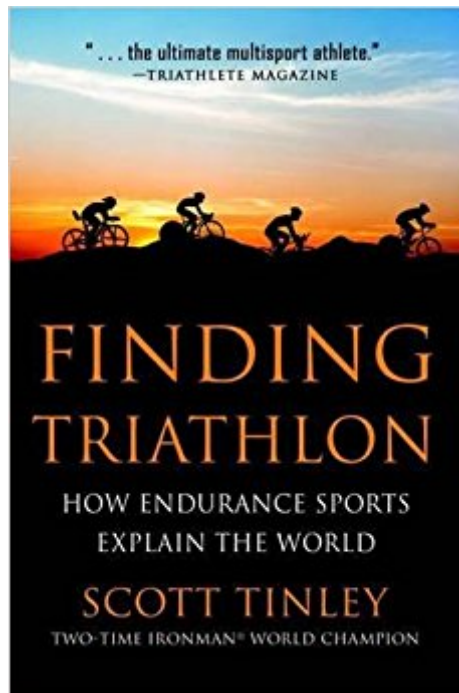


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# Finding Triathlon: How Endurance Sports Explain The World



## Synopsis

Training for and completing a triathlon is one of the most grueling life experiences anyone can have, requiring a degree of personal commitment, individual strength and iron will that few people possess. A true test of your ability to find, and then surpass your physical, mental and emotional limits, the only real analogue to triathlon is the challenge of life itself. In *Finding Triathlon*, professional athlete Scott Tinley explores the world inside and outside endurance sports, seeking answers to age-old questions. Part memoir, part cultural exploration, Tinley uses the language of sports to speak universal truths. Told through anecdotes, both personal and shared, with a critical, inquisitive, and often humorous interpretation of a life lived through the medium of sports, Tinley reflects on the sport of triathlon, honest competition, and the drive to improve ourselves as a whole, looking to understand how and why we live our lives. *Finding Triathlon* is not a self-help book, and it's not a fitness guide. Nor is it just about triathlons and triathletes. It's about a lifestyle, a perspective, a way of looking at the world and its challenges, as you strive to better yourself and better understand yourself. Whether you're training for the next big race or you've never run a mile in your life, *Finding Triathlon* speaks to the champion in each of us, demonstrating how making the decision to push ourselves to succeed in our dreams can affect our life, our world, and our future.

## Book Information

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## Customer Reviews

"Scott Tinley has penned a masterful, larger-than-life valentine to a sport that he long ago helped define via his own performance and panache, and in these pages, triathletes of all ages and

abilities will find insight and wisdom creatively probing that one question deeply in need of answering: why tri? •William R. Katovsky, Founder, Triathlete Magazine "one of the hardest working, winningest triathletes of all time." •Slowtwitch.com "the ultimate multisport athlete." •Triathlete Magazine "His work ethic and consistency made him one of the most durable and feared triathletes of all time." •Triathlete Magazine "No one defined the free spirit and driving force of IRONMAN® like Scott Tinley." •Ironman.com

Scott Tinley is a former world-class professional athlete who has competed in over 400 triathlons, winning the IRONMAN® World Championship twice and the IRONMAN® World Series three times. Scott was inducted into both the Triathlon Hall of Fame and the IRONMAN® Hall of Fame upon retirement in 1999. He founded and developed the sport of off-road triathlon, and continues to co-own and manage the longest running off-road triathlon in the world. He has done television commentary for CBS, ESPN, and ABC; been a contributing writer for CBSNews.com; and written for Sports Illustrated, Men's Journal, Triathlete Magazine, and Outside Magazine. Scott lives near the beach in Del Mar, California and on a ranch west of Gaviota, California with his family.

While I might not agree with all of the author's opinions regarding the sport of triathlon, he does provide a unique perspective that, more often than not, is spot on. Written only as Scott Tinley can write with his keen insight and ability to include the wisdom gained from participating at the highest level of the sport. Overall nicely written. I thoroughly enjoyed the read and would recommend it, not only to triathletes, but also anyone interested in how sport interacts/reflects the human condition.

Why use 10 words when you can use 250 to describe something. I had a hard time making it through the first 50 pages. Seemed like the author spent too much time trying to sound smart and less time telling his journey.

slow, boring and depressing.

Great Stuff...fast read...historical...Thanks, Scott

I really wanted to give a good review given the author's athletic accomplishments. Unfortunately the writing is - at best - a stream of consciousness colloquially of the author's perspective on politics

and mocking of others for whom he disagrees. A depressing read.

I love this book. Much of what Tinley has to say resonates with my sense of what endurance sport means to me. For a year, my webshow (TriRiot.com) has had the focus of answering the question, "...why ordinary people push themselves to extraordinary limits..." Tinley's book has done that and more ( and in a more entertaining way). Thank you, Scott Tinley.

Athletic Life Journey For everyone on their own athletic life journey, you have to read this book. As amazing as Scott Tinley's athletic achievements are, he is much more than a great athlete. He is a pioneer, teacher, philosopher, free-thinker, and visionary. He is also not just one of the best endurance sports writers, he is one of the best sports writers period. You can't put this book down and you can't help but come away from it with wonderful new insights. Scott Tinley is always well ahead of the curve and someone we are all wise to listen to. I highly recommend "Finding Triathlon: How Endurance Sports Explain the World." Mel and Don Fink

Very interesting book that looks at triathlon from a number of angles. Highly recommend

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