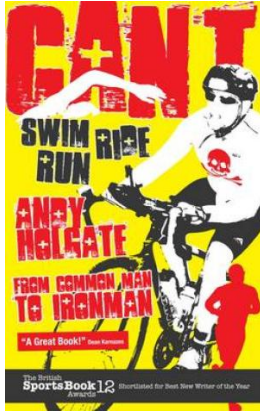


## Read Book

# CAN'T SWIM, CAN'T RIDE, CAN'T RUN



Paperback. Book Condition: New. Not Signed; A 2.4-mile swim, a 112-mile bike ride and a 26.2-mile run make up the Ironman triathlon. It's not for the faint-hearted. What possesses an overweight, thirty-something librarian who can't swim, doesn't own a bike and has two dodgy knees to take on the hardest one-day endurance race in the world? Can't Swim, Can't Ride, Can't Run is the story of Andy Holgate's inspirational, epic and life-changing journey to become an Ironman. Lubricant, alligators, rubber...

## Read PDF Can't Swim, Can't Ride, Can't Run

- Authored by Andy Holgate
- Released at -



Filesize: 3.07 MB

## Reviews

*This written ebook is excellent. This really is for all those who statte that there was not a worthy of reading through. You are going to like just how the article writer compose this ebook.*

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