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Run, Ride, Sink or Swim: A Year in the Exhilarating and Addictive World of Women's Triathlon

Lucy Fry

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Three sports in one event? Triathletes must be crazy, right? At the age of thirty-one, Lucy Fry was pretty certain she knew her limits: triathlon was not for her. But as increasing numbers of her female friends signed up to tri, Lucy couldn't help wondering: what was it about this sport that women found so transformative? The time had come to find out. Over one year, five triathlons and hundreds of training hours, Lucy discovers the competition and camaraderie, how to wear a sports bra under a wetsuit, whether getting over 'jelly legs' makes you a more resilient human being - and that maybe she doesn't know her limits after all...Funny, warm and engaging, Run, Ride, Sink or Swim is for the tri-curious and the tri-hard, and for any woman looking to make the transition from sofa to start line.

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