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BLUE-COLLAR IRONMAN

Michael O'Shaughnessy

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Every man and every woman has the ability to discover personal greatness. More and more "Average Joes" are attempting the triathlon race and the world's most intense endurance challenge - the Ironman Triathlon. Blue-Collar Ironman is written by two athletes who through their own experiences clear the path to the finish line for other typical competitors like themselves.

Blue-Collar Ironman is written for a person interested in getting an edge in training and accomplishing not only a triathlon but the Ironman distance triathlon. Unlike sophisticated educational material written by super freak athletes, Blue-Collar Ironman is focused on the competitor who has the heart and soul to compete against themselves in accomplishing this challenge. It is the journey that drives the experience, not the prize.

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