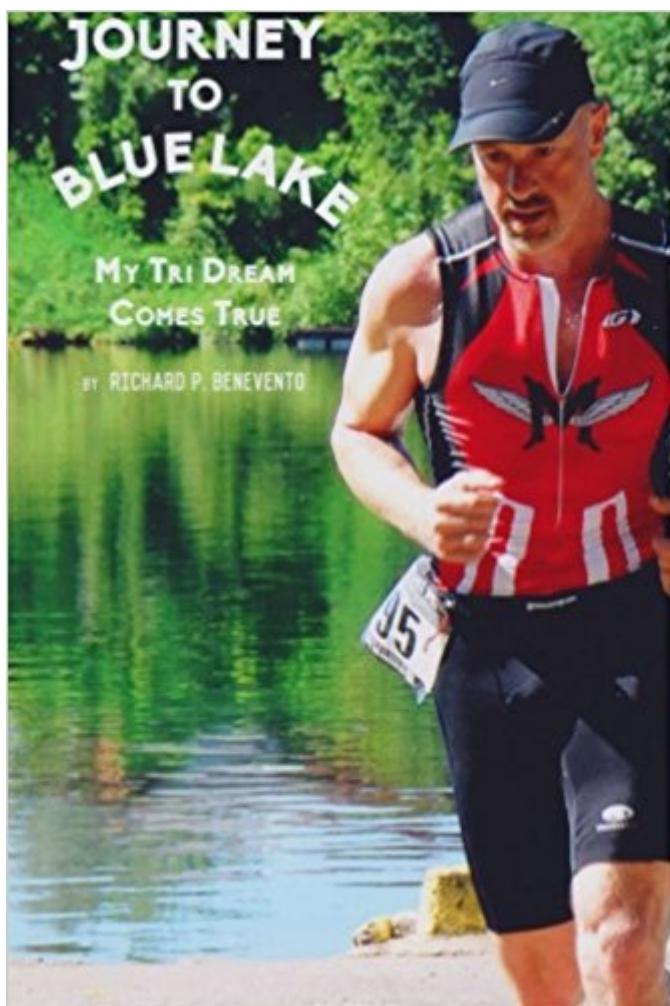


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Journey To Blue Lake: My Tri Dream Comes True



Synopsis

First-time triathlete Richard Benevento found nature to be his catalyst in healing and growing stronger. In his motivational memoir, Journey to Blue Lake, My Tri Dream Comes True, he chronicles his turbulent months of training with humor and candor. During this time, he was facing the death of his father and his marriage, and had turned to drinking to cope. Luckily, it was his training that led him to find himself and his life, once again. His supportive, yet funny narrative, combined with practical training tips will guide other newbies through all of their firsts. Includes: Tri Terms Glossary, Check List for Equipment, Apparel, and Race Day plus a Training Journal to be kept as a memento of your first race.

Book Information

Paperback: 196 pages

Publisher: RPB Publishing (November 17, 2015)

Language: English

ISBN-10: 0692583750

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Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 12.5 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 2 customer reviews

Best Sellers Rank: #826,493 in Books (See Top 100 in Books) #124 in Books > Health, Fitness & Dieting > Exercise & Fitness > Triathlons #191 in Books > Sports & Outdoors > Individual Sports > Triathlon

Customer Reviews

Rick Benevento writes a wonderful story about not only his first Tri dream coming true, but a life sharing story of staying true to one's self and striving for something you want.

Observing Rick's journey was exciting! His writing makes you feel like you are right there with him. Besides being a great read, this book would be helpful to anyone considering a similar race.

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Collection: Daring to Dream, Holding the Dream, Finding the Dream (Dream Series) Dream Journal: Dream Interpretations, Dream Meanings & Dream Analysis You Can Do Each Day to Finally Understand Your Subconscious True Secrets of Salt Lake City and the Great Salt Lake Revealed! (True Secrets of...) Women Who Tri: A Reluctant Athlete's Journey Into the Heart of America's Newest Obsession AAA Nevada & Utah: Carson City, Las Vegas, Lake Tahoe Area, Ogden, Provo, Reno, Salt Lake City: Arches, Bryce Canyon, & Zion National Park Maps, Downtown Salt Lake City Map, Las Vegas Strip Map, Driving Distance Charts, Toll & Ferry Information (State Series 2007, 2007-513806) True Ghost Stories And Hauntings: Eerie True Paranormal Hauntings, Unexplained Phenomena And Disturbing True Ghost Stories (True Ghost Stories, Bizarre True Stories,) Under a Croatian Sun: From grey Britain to a sunny isle: one couple's dream comes true First Comes Love, then Comes Malaria: How a Peace Corps Poster Boy Won My Heart and a Third World Adventure Changed My Life Your Story Hour Bible Comes Alive Series (Bible Comes Alive, 1) First Comes Love (First Comes Love Series Book 1) Dream Journal Workbook: A Beginner's Guided Dream Diary for Lucid Dreaming and Dream Interpretation Train to Tri: Your First Triathlon The Racecar Book: Build and Race Mousetrap Cars, Dragsters, Tri-Can Haulers & More (Science in Motion) Spot-On Diecast Models by Tri-ang : A Catalogue and Collectors Guide Electrical (Tri-Fold Laminated Chart) Tri-state Gardener's Guide New York, New Jersey, Connecticut Haunted Kingsport: Ghosts of Tri-City Tennessee (Haunted America) The Buddhist Guide to New York: Where to Go, What to Do, and How to Make the Most of the Fantastic Resources in the Tri-State Area

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