



Sub Nine: History's Fastest Ironwomen

Timothy John Moore

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Every generation is defined in part by the achievements of its athletes. Triathlon is one of the youngest and one of the fastest growing sports around the world. In the last four seasons in particular, professional women triathletes have been pacing each other to faster and faster finishing times. This book profiles the fastest iron-distance women professionals—ever. In all, 22 women have finished an iron-distance race in less than 9 hours. Make no mistake, these are the elite of the elites. This book contains snapshots into what drives these athletes. Foreword by Ironman.com managing editor Kevin Mackinnon "An extraordinary and inspirational reckoning of women's athletic excellence, Sub Nine is an excellent contribution to collections focusing on women's accomplishments in sports." - Midwest Book Review "It's an interesting, well-researched read for someone who'd like to learn more about the background of triathlon - and how far women have come in racing." - Triathlete magazine

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The actual book Sub Nine: History's Fastest Ironwomen has a lot of knowledge on it. So when you check out this book you can get a lot of gain. The book was written by the very famous author. The author makes some research prior to write this book. This book very easy to read you can find the point easily after reading this article book.

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