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Triathloning For Ordinary Mortals is an overview of competing in triathlons from one runner's perspective. • Recommended for: This book is intended for newcomers to the sport of triathlon. NOTE: This book is no longer in print. ABOUT THE AUTHOR. Steven Jonas, MD, is, as indicated by the degree following his name, a physician. But, he also holds a masters degree in public health.

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Unlike some of the reviewers here, and as stated by the author, this is TRIATHLONING FOR ORDINARY MORTALS.

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