



Triathlon - It HURTS: Inspiring stories on the path to becoming an Ironman

Gary Smith, Justin Roberts

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In October 2012, over 1000 people applied to take part in a university research study to assess how normal, recreationally active people cope with the demands of training for their first IRON distance triathlon a 3.8km swim, followed by 180km of cycling and finishing with the mere matter of a 42.2km marathon run. This book is a collection of the tales from the people within the team affectionately known as the HURTS team, an acronym for 'Hertfordshire University Research Triathlon Study'. Their individual goal was to inspire others to dream big and to live out those dreams, whether it be a triathlon or not. However, as a cohort, they wished to raise awareness and funds to help find a cure for Duchenne Muscular Dystrophy, a debilitating and fatal disorder. Their collective goal was to support Harrison's Fund, set up in 2012 to support breakthrough research leading to positive interventions and ultimately a cure for muscular dystrophy worldwide. Triathlon - It HURTS is an inspiring story of what normal people can achieve when challenged. This book will appeal to those looking to learn more about the successes and harsh realities of training for a triathlon, as well as those who want an uplifting story of human achievement.

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