



Racing Ironman Wisconsin: Everything You Need to Know

Raymond Britt

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"This book helped me to visualize and prepare for Ironman Wisconsin . . . A great book and a great idea." -- 5-Star Amazon Review // Each year, more than 2,500 athletes converge on Madison to participate in Ironman Wisconsin, one of the most popular triathlons in the world. The race features a 2.4 mile swim in Lake Monona, a 112 mile bike ride through Wisconsin farmland, capped by a 26.2 mile marathon run through the University of Wisconsin campus to a finish line at the state capital building steps. It's a much tougher race than meets the eye, and those who underestimate the course pay dearly on race day. The triathletes who succeed are those who are well-prepared for anything Ironman Wisconsin tosses at them. Better be ready. This book delivers extensive perspectives on racing in all conditions, course maps and secrets, photos, detailed metrics, advice, cautions, and much more. Planning to race Ironman Wisconsin? Everything you need to know is here.

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