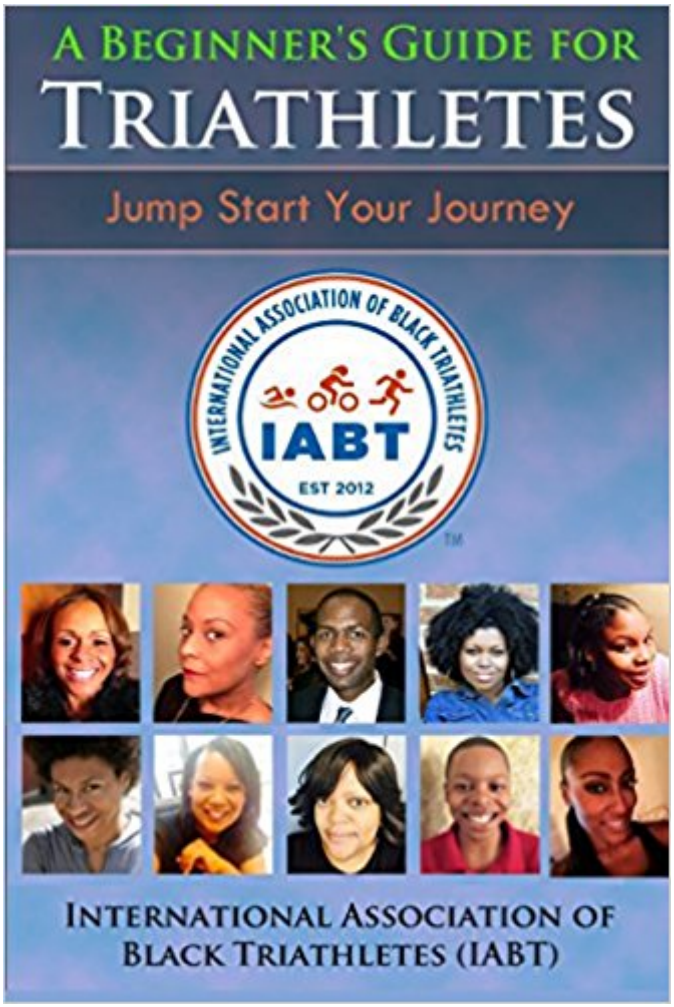
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A Beginner's Guide For Triathletes: Jump Start Your Journey



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Synopsis

This book is a tool for individuals interested in getting started in multi-disciplined sports such as triathlons/duathlons, etc and contains great content for novice and seasoned athletes as well. This purpose of this book is to assist those interested in sport/industry a way to reduce cost, enjoy the journey and to remain injury free along the way. This book is written by a panel of African American Subject Matter Experts and touch on topics only African Americans can discuss such as Hair Care and Maintenance, etc. This book is the first and only one of its kind in the industry. This book is or everyone with a special emphasis on African Americans.

Book Information

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Customer Reviews

Dr. Tekemia Dorsey is an award-winning business owner, award winning and best-selling author, endurance athlete, Ironman, marathoner, triathlete, duathlete, multi-disciplined local, state, and national level championship coach, and the only USAT Certified African American Female Race Director. She is a part of the Marathon Maniacs and the 50 States Marathon Club, just to name a few. Dr. Dorsey also played Professional Women Full Contact Football for the Baltimore Burn for 5 years and is the Commissioner of the Co-Ed Christian Softball League. She has been a certified coach on multiple levels such as high school, rec, club, etc since 1997.

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