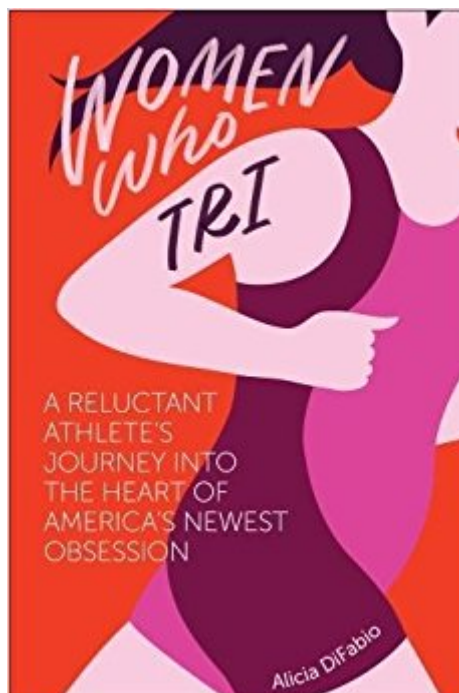




The book was found

Women Who Tri: A Reluctant Athlete's Journey Into The Heart Of America's Newest Obsession



Synopsis

What would you do if half your town caught triathlon mania? If you're like Alicia DiFabio—a minivan-driving, harried mother of four small children whose daily look features stained yoga pants, a messy ponytail, and a big diaper bag—you would shrug your shoulders and try to hold on for that after-bedtime glass of wine. It was to her utter surprise that this middle-aged, out-of-shape mother found herself on the starting line of a triathlon. In *Women Who Tri*, DiFabio explores the triathlon phenomenon that has gripped her town and swept the nation. Her memoir is both inspiring and informative as it explores the popularity, psychology, subculture, and transformative power of triathlons among "ordinary" women. Set in a small New Jersey town that now hosts America's largest women-only triathlon club, *Women Who Tri* weaves together the insights of a psychologist, the research of a journalist, and the deep insecurities of a daunted newbie. DiFabio shares her journey from nervous newcomer to triathlon finisher as she investigates one of the world's most challenging and inspiring sports. She profiles women who have overcome challenges to become athletes and tri for themselves and to help others. *Women Who Tri* will entertain, enlighten, and inspire any triathlon enthusiast, from tri-addicts to the tri-curious.

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Customer Reviews

"Alicia's courage, strength, and perseverance, along with all the women who tri, will bring tears of joy to your eyes and make you realize that, in overcoming your fears, anyone can achieve the impossible."—Barbara Mockford, author of *An Unshakable Belief: Keeping the*

Ironman Dream

“A refreshing perspective! Alicia DiFabio’s personal accounts of discovering and falling in love with the community of triathlon are endearing, humorous, and unique. The women highlighted in this book are not only inspiring, but also are amazing examples of how the sport of triathlon emboldens them to confront life’s curveballs. Whether you are a seasoned athlete or just a curious bystander, you will feel a sense of sisterhood while swimming, biking, and running alongside the women Mullica Hill Women’s Tri Club.

Debra Hodgett, author of *Tri-Mom: Swimming, Biking and Running Through Motherhood*

“Greatly informative, exceptionally written with professional forethought and personal vulnerability, *Women Who Tri* is a beautiful tribute to ‘those girls in pink’ and women everywhere who are happily, imperfectly, honestly tri’ing.

Jennifer “J.J.” Cannon, author of *@Sophie Takes a #Selfie*, contributor to *Good Day Philadelphia*, and creator of the *#DontShowMe* cyberbullying campaign

“When Alicia DiFabio moved into the epicenter of a Triathastorm, her first instinct was to flee. Instead, she plunged in and now she’s even written a book, *Women Who Tri*. In these pages, the story of her reluctance turned tri-celebration is interwoven with others’ inspiring journeys, spiced with choice tidbits of practical advice and delicious morsels of tri-history, all delivered with light humor and some delightful, invented triathaspeak.

Mina Samuels, author of *Run Like a Girl: How Strong Women Make Happy Lives*

“This is a well-researched memoir by a middle-aged mother of four (including a special-needs child) who reluctantly signs up and finishes her first triathlon despite pre-event dread and tears

DiFabio shares her journey into this athletic sorority, introducing readers to the sport’s history and topics ranging from equipment costs to successful fund-raising for charities.

Booklist, American Library Association

“Alicia DiFabio, mother of four, admittedly out of shape (before her first triathlon), explores the history, subculture, and psychological appeal of triathlons in this engaging memoir.

Foreword

In *Women Who Tri*, Alicia DiFabio explores the triathlon-mania that has gripped not just the women in her small New Jersey town, but all of America.

In a wonderful voice, both self-deprecating and inspirational, Alicia DiFabio, guides the reader through the story of triathlon, personal stories of female triathletes dealing with life’s challenges, and her own immersive experience. Although a credentialed psychologist, in this book she is everymom, full of angst and self-doubt, which she faces with the support of other women like her, and in a poignant epilogue, supports others in turn. My favorite line

in the book is on page 46, where she says, "I see No Pain, No Gain not as a motto, but as a multiple-choice question, and I check the box next to No Pain. No Pain. No Pain." Women Who Tri is a story about women, how they cope by supporting each other, and how 800 women in a small New Jersey town of 4000 people found that support in a most unusual way, by running and biking and swimming in a lake full of hidden fears.

If you're a female triathlete, or you're a female who wants to become a triathlete, you must read this inspiring, heartfelt book. Alicia nails it! Women Who Tri: A Reluctant Athlete's Journey Into the Heart of America's Newest Obsession Get this book, now!

So much more than a book about "How to do a Triathlon." This is a book about being a woman and finding yourself through a passion in which case it just happens to be triathlons (well, maybe not so much for Dr. DiFabio). Loved the tone of the book -- I laughed, I cried. The stories were inspirational. I haven't gone out and registered for a tri yet but I just might... Recommend this book for any woman whether a triathlete, athlete, or nothing in between.

I absolutely loved reading this book! As a fairly new triathlete myself, about a year, I could relate to so many of the stories. This book is absolutely a game changer for me! I set a new goal for triathlon... Pay It Forward! My dream and goal is to help others on their journey of triathlon to build a strong community of women that lift each other up during the process of transforming their lives through this multi sport adventure.

Fantastic memoir and journey into the world of women who tri. I love Alicia's sense of humor and how she weaves stories of some outstanding women throughout her own personal journey. A very enjoyable read and one that should be shared with many!

Engagingly written book that looks at many aspects of women's involvement in triathlons. The focus is in the inner strength that it lets women feel, rather than on competitiveness. Internal rewards, not external. This has been said before, so I wasn't expecting to be blown away by this book, but I was. DiFabio writes with such heart and with a good mind. The book is insightful and motivational. This is not a "rah, rah" cheerleading book. This is a look at what pushing yourself has to offer. It is about relationships with

other women. Running isn't my thing. I did run for about a year and a half, but my knee wouldn't tolerate it. Oddly, my knee doesn't mind hiking and I have been a hiker for decades. Sometimes longer hikes, sometimes shorter. Sometimes steep trails, sometimes flat. Sometimes I hike with intensity, sometimes I stroll. I've been in the stroll mode for nearly a year now. I didn't expect this book to move me out of that, but it did. I read this and part way through, something inside me changed. My intensity is back and the feeling of achievement and self confidence are wonderful. I hope, and expect, that this book will offer this motivation and feeling to many. Thank you Alicia DiFabio! Who is this book for? Well, I'll let DiFabio tell you who the sport of tri is for: "Women between the ages of 35 and 55 are flocking to triathlons by the thousands. They are not all the sinewy, chiseled competitive athletes featured on Nike commercials. The large majority look more like the regular people you see in the mall or a PTA meeting. They are the new mothers changing diapers and chasing toddlers, women chauffeuring their preteens to a million activities while juggling a career, women navigating working 60 hours a week, and women facing health concerns. They are girls as young as 18 and women as old as 80. They have survived cancer, battle depression and anxiety, lost spouses, mothers, fathers and siblings. They have found sobriety, lost weight, let themselves go and found themselves again. They come to triathlons as new mothers, veteran mothers, single, married, widowed, and divorced. They come out of shape, unable to swim, or recovering from a major injury or illness. They come filled with anxiety and determination, as competitive collegiate athletes and as self-proclaimed couch potatoes. They come in every age, shape, size, athletic experience, and fitness level but they all share important common bonds: the desire to do something slightly outrageous, to push themselves further, to face their fears, to dig deep and test their mettle. They are "ordinary" women who want nothing more and nothing less than to swim, bike and run in between the heaps of laundry, the crying babies, the piles of dishes, and the long days at the office. They pledge their new fitness sorority insecure and daunted but they emerge empowered and addicted. These are the new faces of triathlon. To give a good idea of the topics covered, especially since, at the time I write this, there isn't even the "look inside" feature available, here's the contents, including the subheadings within the chapters.

Prologue: Greater Than The Sum Of All Fears
CH 1: A Spandex Revolution
CH 2: So It Begins
CH 3: A Tri Is Born: Parisian Roots; Mission Tri; Forging Iron; Ironman, the Sequel; Profile: Andrea Peet (Still Time)
CH 4: The Long And Short Of It: Maverick to Mainstream; Size Matters; Shake It Up; Going Rogue;

Ultra Triathlons CH 5: Who's Drinking The Kool Aid? ~ ~ ~ Anytown, USA; Triathletes: What Makes Them Tick?; Profile: Debbie Niemann (For Cecilia) CH 6: No Nuts, Just Guts ~ ~ ~ Women in Triathlon; No Boys Allowed; Fastinistas; Charity; Social Butterflies; Profile: Nancy Stevens (Visionary) CH 7: Sigma Tri ~ ~ ~ Out Clubbin' ~ ~ ~ Climbing the Pyramid CH 8: Inside The Tribe ~ ~ ~ Pioneering Wild Women; Staying Strong at Any Age; Surviving and Thriving; Beyond the Race; More Than Just Pretty in Pink; Profile: Linda Garrett (Ageless) CH 9: Run With It ~ ~ ~ Reasons to Run; Cheaper than Therapy; Racer Girl; Broads take to the Street; Profile: Lisa Hallett (Remembering) CH 10: Tri Girls Aren't Cheap Dates ~ ~ ~ Fee for Admission; Making an Investment; Cha-Ching; Looking the Part; Cashing in on the Experience; Other Miscellaneous Crap you Realize You can't Live Without; Checks and Balances; Profile: Erin Briggs (On Fire) CH 11: Swim, Bike, Run ~ ~ ~ Divorce? ~ ~ ~ A Tale of Two Triathlons; Ironclad Romance; Divorce By Triathlon?; Chasing Iron: A Family Affair; Enter Children, Stage Left, and Right. And Hanging from the Chandeliers CH 12: Triathaphobia ~ ~ ~ It's All in Your Head; Aquaphobia; USAT Fatalities Incidents Study; Cyclophobia; Fear of DFL; Our Best Teacher; Profile: Chrissy Vasquez (Going the Distance) CH 13: Sink Or Swim ~ ~ ~ Rolling in the Deep; Profile: Barbara Mockford (Unfinished Business) CH 14: Women On Wheels ~ ~ ~ The Wheels of Change; She's a Brick House; Profile: Terry Woods (Unbroken) CH 15: Train Wreck ~ ~ ~ Triathlon and the Low Injury Fallacy; The #1 Perp; Born to Run ~ ~ ~ Or Not; Cycling and Swimming Make their Mark; The Overtraining Trap; Beginners (Un)lucky; Jane's Addiction; OTS: Overtraining Syndrome; Train Smarter, Not Harder; Profile: Tara Emrick (Back in Action); Profile: Jenn Sommermann (Fifty-Fifty) CH 16: Charity, Causes and Cures, Oh Tri! ~ ~ ~ Cause to Tri; The Martyrdom Effect; Strength in Numbers; Tri for a Cure; Gals for Cal; Profile: Winter Vinecki (Team Winner) CH 17: Tri: The Next Generation ~ ~ ~ Tri's Young; Tris Start to Trend; Getting Schooled; NCAA Emerging Sport for Women; Healthy Bodies, Healthy Minds; Coping Skills; Match Made in Heaven; Too Much Too Soon?; Diversification Trumps Specialization; And It's Self-Esteem for the Win!; Girls in the Game Triathlon Team; I-Tri Girls; Proud Mama Moment; Profile: Jessica Cappella (Could, Would, Should, Did) CH 18: Queen of the Hill Epilogue: Those Girls In Pink A truly worthwhile read that may have a strong positive effect on your life long after you put the book down.

Within the first few pages, you'll laugh (maybe even out loud), you'll cry, and be ready to dive into the fascinating world of triathlon and the women obsessed with it. Keep the tissues handy! I was humbled and inspired by the many profiles of courageous women also featured. While I am certainly no athlete, I too remember being glued to the television in February of 1982 watching, breathless, as Julie Moss crawled across the finish line in the Ironman Kona. The author's exhaustive research and attention to detail shows in the amount of information provided- which would be VERY useful to anyone considering training for their first triathlon. Her personal story and ability to be so open and vulnerable... finding humor in even the most challenging moments, makes Journalistic Memoir my new favorite genre and the author my new hero!

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