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My Journey

Dare to Tri is Louise's candid memoir
of her incredible journey, recounting
her rediscovery of competitive sport
after nearly 30 years and her first

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tentative steps as a triathlete. In a story encompassing equal measures of determination and self-doubt, Louise has to overcome personal nerves, a brutal training regime, the odd bike crash and the occasional drama.

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Dare to Tri is the amazing story of TV presenter Louise Minchin's journey from the BBC Breakfast sofa to representing Great Britain at the World Triathlon Championships. This is a warmly written and wonderfully honest

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adventure-through-sport that will both entertain and inspire.--This text refers to the paperback edition.

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Dare to Tri: An Adventure in Triathlon
charts Louise Minchin's incredible

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journey as she rediscovers competitive sport after 30 years and takes her first tentative steps as a triathlete. As her performances improve, there's a realisation that representing TeamGB in her age group is a possibility, and the book tells of her plucky attempt to achieve this almost-unthinkable goal.

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