

# SUB NINE

HISTORY'S FASTEST IRONWOMEN

RAFT  
ERIKSEN  
STRY  
WBY-FRASER  
FORD  
OWDEN  
**TIMOTHY MOORE**

foreword by Kevin Mackinnon

## Sub Nine Historys Fastest Ironwomen

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## **Sub Nine Historys Fastest Ironwomen:**

**Sub Nine** Timothy Moore,2011-04 Every generation is defined in part by the achievements of its athletes Triathlon is one of the youngest and one of the fastest growing sports around the world In the last four seasons in particular professional women triathletes have been pacing each other to faster and faster finishing times This book profiles the fastest iron distance women professionals ever In all 22 women have finished an iron distance race in less than 9 hours Make no mistake these are the elite of the elites This book contains snapshots into what drives these athletes Foreword by Ironman com managing editor Kevin MackinnonAn extraordinary and inspirational reckoning of women s athletic excellence Sub Nine is an excellent contribution to collections focusing on women s accomplishments in sports Midwest Book ReviewIt s an interesting well researched read for someone who d like to learn more about the background of triathlon and how far women have come in racing Triathlete magazine     [Inside Triathlon](#) ,2007     [Sports Medicine](#) ,1996-07     [The 68th Art Directors Annual](#) ,1989 Shows award winning examples of advertising promotion graphic design posters book design illustration photography and television commercials     **Runner's World** ,1983     **The International Who's who** ,1940     **The Woman Triathlete** Christina Gandolfo,2005 An Australian training manual for triathletes Biomechanics of swimming cycling and running Fuelling your body Physiological considerations in training

## **Sub Nine Historys Fastest Ironwomen** Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the energy of words has been evident than ever. They have the capability to inspire, provoke, and ignite change. Such may be the essence of the book **Sub Nine Historys Fastest Ironwomen**, a literary masterpiece that delves deep into the significance of words and their effect on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book's key themes, examine its writing style, and analyze its overall affect on readers.

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