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Well known for his original groundbreaking book Triathloning for Ordinary Mortals, which has sold nearly 50,000 copies in two editions, and his USA-Triathlon Life column "Ordinary Mortals

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(R): Talking Triathlon with Steve Jonas," the author covers: how the run-bike-run duathlon works; how to have fun, get and stay fit, and promote your health doing duathlons; the training principles and ...

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