

TRANSITION AREA

[BOOK REVIEW]
**LET US NOW PRAISE
ORDINARY MORTALS**

Following in the literary footsteps of Steven Jonas and his book *Triathloning for Ordinary Mortals* and the inspiring athletic footsteps of pioneering Athena Judy Molnar, Jayne Williams' *Slow Fat Triathlete* is a joy to read and a contribution to the sport.

Many, if not all, triathletes start with a dream to meet athletic challenges and become fit. People turn to triathlon to transform themselves from couch potato larvae to aerobic butterflies with toned bodies and sculpted abs.

Williams' call to triathlon started in June 1999 when she was a 35-year-old, 5-foot-9-inch, 269-pound cubicle rat with several versions of carpal tunnel syndrome. Williams organized white water rafting expeditions in Siberia and started an exercise campaign. Within two years, a friend signed up for a sprint triathlon and Williams was on her own road to half-Ironman nirvana.

Laced with punchy chapters like "Fat Chick on the Run" and "We All Look Dorky and Let's Not Forget It," Williams makes the journey well worth the read with witty and sharp observations about the details of the sport from inspired comedians like Ellen DeGeneres and observant nonfiction writers. At times, her insight into the heroism of the athlete of modest skills is acute. Williams identifies the universal connection even the slowest of us shares with the greatest athletes: "When I'm training in the cold and rain or in the baking sun, grinding up a nasty hill, I usually hit a point when I'm completely in the moment. There's just the rhythm of my steps or the sound of my arms moving through the water, or the endless circle of my pedal strokes. Every movement is an end in itself, every breath is the purpose of my life... it's all about breathing and going forward and breathing again."

Despite her disclaimer that this is not a comprehensive beginner's guide to triathlon, Williams covers all aspects from equipment to training and race strategy. Ultimately, Williams' infectious positive attitude and her clear view of triathlon's comic and heroic nature make the *Slow Fat Triathlete* a worthy guide for everyone. —TIMOTHY CARLSON

**COOL PRODUCT
OF THE MONTH**

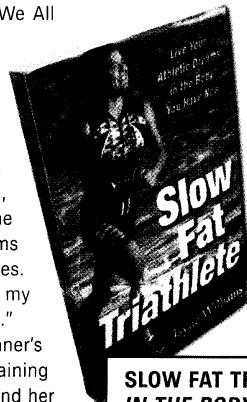
KOMBUCHA WONDER DRINK
CONTACT: wonderdrink.com



From Steve Lee, who brought us Tazo® teas, comes a healthy, light "aperitif" to enjoy with friends. Based on the Himalayan tonic of the same name, Kombucha (pronounced Kom-BOO-chuh) was offered to cure ailments, aid positive health, offer greater longevity (those sherpas don't die young!) and provide numerous other healthy benefits, not in the least being better "inner serenity." Their bottle says it all: "We can't really say exactly what experience any individual will have from our great drink—except an uplifting feeling".

The drink comes in three varieties, each distinctly different, while keeping the family ties to the original drink of the ages.

COOL FACTOR: Does the Wonder Drink work wonders? Hard to say. But in the end it's all about a good tasting beverage enjoyed with friends that makes it worthwhile. Try the Asian Pear Ginger. — KYLE du FORD

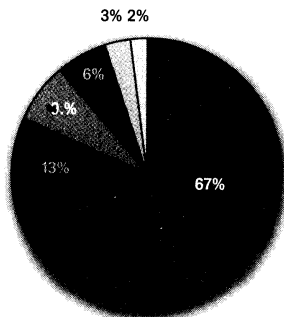


**SLOW FAT TRIATHLETE: LIVE YOUR ATHLETIC DREAMS
IN THE BODY YOU HAVE NOW**

By Jayne Williams
Paperback > \$15.95 > 172 pgs. > Marlowe & Company

INSIDETRI.COM POLL

What order should the disciplines follow in triathlon?



Swim-bike-run 67%
Run-bike-swim 13%
Run-swim-bike 9%
Bike-swim-run 6%
Bike-run-swim 3%
Swim-run-bike 3%

Based on 537 total votes compiled at InsideTri.com
Please visit insidetri.com to vote in our latest poll

♀ **JUST ASK THE TRI GIRL**



With so much cool gear and clothing out there—not to mention the amazing bikes—I'm seriously tempted to coordinate from head to toe. I really don't want to look like a geek, though. Should I match? —MAGGIE W., ALBANY, NY

Well Mags, remember that girl in junior high who showed up the first day of school in head-to-toe stonewashed denim? Likewise, I'm sure you've seen that certain triathlete saunter to the start line in ultra-coordinated finery (at a recent race I attended, almost every girl was dressed in pink—they even had it on their bikes). A little much for some, yes, but here's the deal when it comes to gear/clothes/bike aesthetics: feel free to wear whatever moves you. If you have a favorite color, a favorite print or a favorite paint job, go for it. If you want to color coordinate every single piece of triathlon paraphernalia you own, have at it. Just don't base your choices on looks alone and pay attention to fit, safety, function and performance. Trust me, I know what it means to want to look good at every race. But feeling comfortable throughout and finishing strong is even more satisfying than pretending that 10k run is your own personal runway. Nearly everything looks cool these days, so it's nearly impossible to miss the mark. —INGRID SKJONG

Ask her your tough questions: triatlongirl@insideinc.com

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