



When Big Boys Tri: It's Not the Race - It's the Journey

Michael Pate

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An enlightening and highly motivational book, that will also tug at your heartstrings. Follow the first-year journey of a self-proclaimed couch potato, as he works toward his ambitious goal of completing his first triathlon. Starting his journey at 370 pounds sets him apart from what many would consider a "normal" triathlete, but that doesn't stop him. You'll be there every step of the way from his first bike ride around the neighborhood to the finish of his first triathlon. His story will relate to all who aspire to not only complete a triathlon, but to strive for a more athletic lifestyle. His love for life and family will indeed inspire you.

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