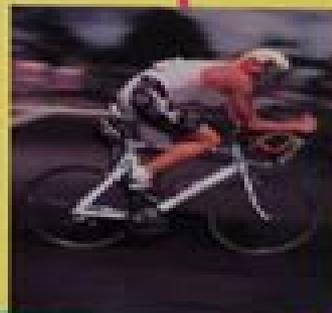


THE
ESSENTIAL
Triathlete



An introduction
to the world
of triathlon



Steven Jonas, M.D., M.P.H.

Foreword by Greg Welch, 1994 Ironman Winner



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