



NEW NONFICTION: TRIATHLON

Title: Greetings From the World's Largest Triathlon

Author: Courtney Hughes

Category: Non-Fiction

Hi Honey,

I'm transitioning to the run in the Chicago Triathlon, sitting for a moment because my legs are like Jell-O. The swim was uncomfortably crowded, yet simply exhilarating. Never have I felt so unified with strangers as during my mile migration with the thousands of other rubber-capped athletes up the Lake Michigan shoreline. Cushioned by soul, high on endorphins, it didn't seem like a quarter mile of pavement I sprinted on barefoot, in a wetsuit, to my bike. Then I battled crosswinds, head winds and potholes while pedaling a steady line up Lake Shore Drive, between the skyscrapers and beaches. I'll give the kids high fives when I run past you in a few minutes. Wish you were here (to carry me on this run).

Sweaty hugs,
Courtney

Courtney Hughes is a health behavior change consultant in Chicago. She holds a PhD in Public Health from the University of Washington and an MS in Kinesiology from the University of Michigan. Courtney enjoys writing about topics related to health, sports, and family. For more information, visit www.courtneyhughes.com.

This entry was posted on 8.13.2012 and is filed under [Hughes](#), [Nonfiction](#). You can follow any responses to this entry through the [RSS 2.0](#). You can [leave a response](#).

  Recommend this on Google

LEAVE A REPLY

Enter your comment...

Comment as: Google Account

Publish

Preview