



Finding Triathlon: How Endurance Sports Explain the World

Scott Tinley

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Training for and completing a triathlon is one of the most grueling life experiences anyone can have, requiring a degree of personal commitment, individual strength and iron will that few people possess. A true test of your ability to find, and then surpass your physical, mental and emotional limits, the only real analogue to triathlon...is the challenge of life itself.

In *Finding Triathlon*, professional athlete Scott Tinley explores the world inside and outside endurance sports, seeking answers to age-old questions. Part memoir, part cultural exploration, Tinley uses the language of sports to speak universal truths. Told through anecdotes, both personal and shared, with a critical, inquisitive, and often humorous interpretation of a life lived through the medium of sports, Tinley reflects on the sport of triathlon, honest competition, and the drive to improve ourselves as a whole, looking to understand how and why we live our lives.

Finding Triathlon is not a self-help book, and it's not a fitness guide. Nor is it just about triathlons and triathletes. It's about a lifestyle, a perspective, a way of looking at the world and its challenges, as you strive to better yourself *and* better understand yourself. Whether you're training for the next big race or you've never run a mile in your life, *Finding Triathlon* speaks to the champion in each of us, demonstrating how making the decision to push ourselves to succeed in our dreams can affect our life, our world, and our future.

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