



Against the Odds: The Adventures of a Man in His Sixties Competing in Six of the World's Toughest Triathlons across Six Continents

John L. Pendergrass

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Completing a triathlon at any age is a major achievement; finishing an IRONMAN® Triathlon in your sixties is nothing short of inspirational. A true account of John Pendergrass' impossible goal of completing six IRONMAN Triathlons on six continents, all while in his sixties, *Against the Odds* will shatter your preconceptions of what a man in his golden years can accomplish.

For most people, their sixties are a time to slow down, take things easy, and reflect on a life well lived. Not for Pendergrass. As his sixtieth birthday loomed, he longed for a challenge that would push him to his limits and drive him to achieve something that few people had ever done before.

Pendergrass found his answer in the IRONMAN Triathlon, the world's most difficult endurance event: an intimidating 2.4 mile swim in open water, a grueling 112 mile bike ride, and an exhausting 26.2 mile run—all in the same day. A total of 140.6 miles, nonstop... a monumental task for men half his age.

Against the Odds follows Pendergrass through each arduous step as he struggles against time, doubt, and his own physical limitations to arrive tired, but victorious at the finish line. From the deserts of Arizona to the bush of South Africa, from the beaches of Brazil to the coasts of New Zealand, this journey chronicles not only the races themselves, but also the breathtaking countries that host them. Told with modesty and humor, *Against the Odds* is a story of impressive drive and incredible courage that will inspire you to new heights many could only dream of reaching.

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Playing with family inside a park, coming to see the ocean world or hanging out with friends is thing that usually you might have done when you have spare time, and then why you don't try matter that really opposite from that. One activity that make you not sense tired but still relaxing, trilling like on roller coaster you are ride on and with addition associated with. Even you love Against the Odds: The Adventures of a Man in His Sixties Competing in Six of the World's Toughest Triathlons across Six Continents, you can enjoy both. It is excellent combination right, you still wish to miss it? What kind of hang-out type is it? Oh come on its mind hangout fellas. What? Still don't get it, oh come on its known as reading friends.

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