



Chasing Caterpillars: A Late Life Metamorphosis to Triathlete (and how you can do it!)

Mr Jerry A Kyckelhahn

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Isn't it about time you took control of your life and your fitness? Well, no matter whether you are young or old, over-weight or slim, fit or out of shape, you can do it. This book is an easy read to not only get you into the sports of triathlon but also provide the motivation to get started. Motivation – the key to it all! It is a moving story of a guy who just decided in his late 50's to get into shape and overcoming the obstacles until he finally won a national championship. It is a motivational story that can lead any of us to go farther than we may have believed that we could. It is not a simple "how to" book of triathlon but rather it is a book of overcoming obstacles and fears in order to accomplish things we may have always wanted to do. Particularly for the older folks who may look around and see the vitality of youth, this is a book of regaining that vitality later in life. It is a book about growing up all over the world. It is a book about being a normal child, teenager, student, adult and parent in a world that wants to hold you back. It is a story about coming to grips with limitations, and how to use them to your advantage. But most of all, it is a fun read that might just get some of us out of the TV chair and back into growing and living and enjoying all that life has to offer!

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