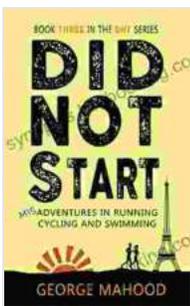


# Misadventures in Running, Cycling, and Swimming: DNF

DNF: Misadventures in Running, Cycling, and Swimming is a hilarious and heartwarming account of one woman's quest to complete a triathlon. Along the way, she encounters a cast of quirky characters, faces unexpected challenges, and learns the true meaning of perseverance.



## Did Not Start: Misadventures in Running, Cycling and Swimming (DNF Series Book 3) by George Mahood

★★★★☆ 4.5 out of 5

Language	: English
File size	: 2162 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 112 pages
Lending	: Enabled



DNF is a must-read for anyone who has ever dreamed of completing a triathlon, or who simply enjoys a good laugh. It's a story that will inspire you to never give up on your dreams, no matter how many times you fall down.

## What is a DNF?

DNF stands for "did not finish." In the world of triathlon, a DNF is a common occurrence. In fact, it's estimated that up to 25% of all triathletes will DNF at

least one race.

There are many reasons why a triathlete might DNF. Some of the most common reasons include:

- Injury
- Illness
- Mechanical failure
- Weather conditions
- Lack of preparation

DNFing a race can be a disappointing experience. However, it's important to remember that it's not a failure. DNFing is simply a part of the triathlon experience. It's an opportunity to learn from your mistakes and come back stronger next time.

### **My DNF story**

I have DNFed two triathlons in my life. The first time was at my very first triathlon. I was so excited to race, but I had no idea what I was getting myself into. I didn't train properly, and I didn't eat right on race day. As a result, I ended up collapsing on the run course and being taken to the hospital.

My second DNF was at a sprint triathlon. I had trained much better for this race, but I still wasn't fully prepared for the challenges of the course. I got caught in a strong current during the swim, and I had to stop and rest several times on the bike. By the time I got to the run course, I was

exhausted. I ended up walking most of the way, and I crossed the finish line in tears.

DNFing both of those races was a difficult experience. However, I learned a lot from both of them. I learned that it's important to train properly and to eat right on race day. I also learned that it's okay to DNF. DNFing is simply a part of the triathlon experience.

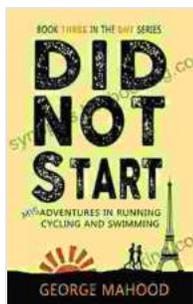
## **DNF: The takeaway**

DNFing a race is not a failure. It's an opportunity to learn from your mistakes and come back stronger next time. If you've ever DNFed a race, don't be discouraged. Just pick yourself up, dust yourself off, and keep training. You'll eventually reach your goals.

DNF: Misadventures in Running, Cycling, and Swimming is a story about perseverance, resilience, and the power of the human spirit. It's a story that will inspire you to never give up on your dreams, no matter how many times you fall down.

Free Download your copy of DNF today!

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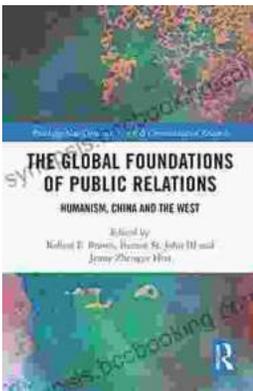
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