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A 2.4-mile swim, a 112-mile bike ride and a 26.2-mile run make up the Ironman triathlon. So what possesses an overweight, thirty-something librarian who can't swim, doesn't own a bike and has two dodgy knees to take on the hardest one-day endurance race in the world? The inspirational, epic and life-changing journey from ordinary bloke to Ironman.

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**Can't Swim, Can't Ride, Can't Run... - Singletrack Magazine**  
Can't Swim. From left to right: guitarist Danny Rico, Vocalist Chris LoPorto and bassist Greg McDevitt. Guitarist Mike Sanchez and drummer Andrea Morgan are not visible. Origin Keansburg, New Jersey, U.S. Website cantswimmusic.com Can't Swim is an American rock band from Keansburg, New Jersey.

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"A great book! Andrew Holgate claims he 'Can't Swim, Can't Ride, Can't Run,' but he can certainly write. His book is filled with terrific lessons on living life to its fullest."—Dean Karnazes, ultramarathon runner and author of The New York Times bestselling book, Ultramarathon Man "Trying to be as fit and as fast as you can all the time it is very easy to get wrapped up in ...

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