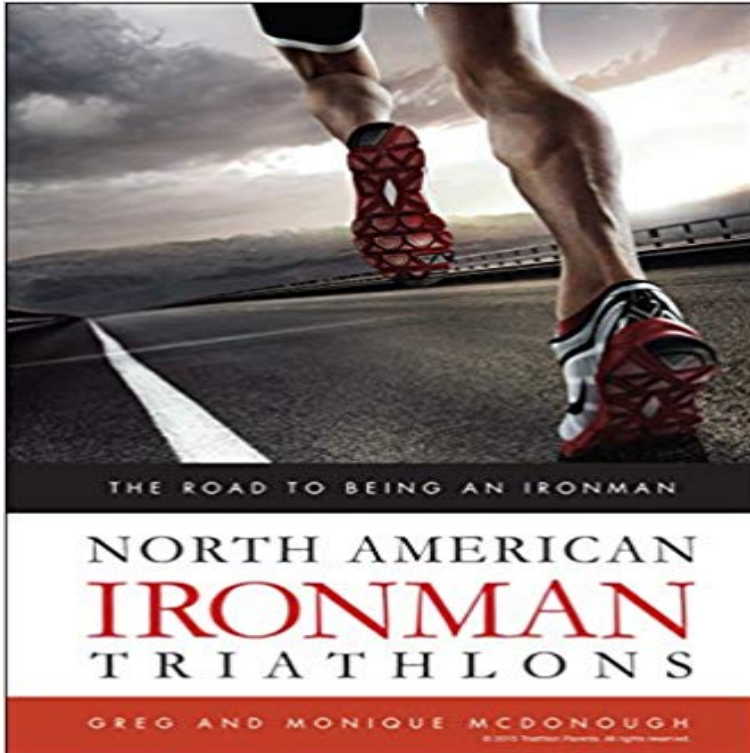


# North American Ironman Triathlons: The Road to Being an Ironman



A guide to help alleviate the stress of choosing and training for a North American Ironman. We've compared the courses and key data from 16 North American races to help you select the right course for you. For each Race, we've included firsthand accounts of the course and event, local attractions, kid-friendly restaurants, grocery stores, and emergency contact info. We've also added some extras like local bike shop information and exactly what to expect on race day.

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