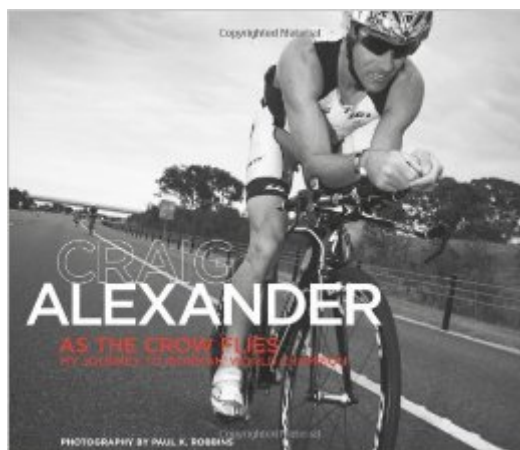


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# As The Crow Flies: My Journey To Ironman World Champion



## Synopsis

When he became just the fourth man to win three Ironman® World Championships, Craig "Crowie" Alexander joined triathlon's most elite inner circle of champions. In *As the Crow Flies*, the five-time world champion reveals his approach, his training, and the relationships that delivered the record-breaking race performance he says was a decade in the making. In his own words and through striking photographs from acclaimed sports photographer Paul K. Robbins, Crowie shows what it takes to race at the elite level--and how he balances the work of triathlon with his first priority, his wife Neri and their young kids Lucy and Austin. Alexander reflects on influential moments of his early career and his entire 2011 and early 2012 season, bringing triathletes inside his head during key workouts, training blocks, and pivotal moments in big races. Crowie struggles through injury, illness, and changing sponsorships, revealing the delicate balance between elite performance and disaster. Yet hardship on the road to Kona yielded to Crowie's hard work and determination as he won both the Ironman and Ironman 70.3® world championships, making him the first person to win both championships in the same year. Epic workouts, grueling travel, record-setting race performance, giving back to sponsors and the sport--these are the tools of Crowie's trade, not to mention sleek wetsuits, cutting-edge time trial bikes, and technical footwear. And while those who know the sport of triathlon intimately will say that performance is determined by how triathletes put the three disciplines together, *As the Crow Flies* shows that winning major races comes from working toward excellence in every aspect of the triathlon way of life. *As the Crow Flies* offers triathletes and sports enthusiasts a beautiful, intimate, and honest portrait of the life and work of professional triathlete Craig "Crowie" Alexander, five-time triathlon world champion and one of the sport's most successful athletes.

## Book Information

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## Customer Reviews

Is this a different kind of book? Of course it is, hence the lack of "biography" title in it. But that's what makes it special because it's an intimate photo essay into what it takes to be a world class Ironman athlete and a champion. Loved the photography, and loved the accompanying text. The quality of production and imagery also makes this book interesting beyond the world of triathlon. I was first interested in it as someone who loves triathlon - but I'm also happy to own it as someone who collect photography books as well.

Excellent book that takes you inside the life of an Ironman World Champion. This is a coffee table book with hundreds of great pictures and some dialogue on each page. This is NOT an in depth narrative that goes deep... as advertised, this is a great coffee table book for the aspiring Ironman / Triathlete!

I was very disappointed with this book. I'm a big fan of Ironman and Craig Alexander, but this book was a bit of a let down. This book is a coffee table book. It is filled mostly with photographs of Crowie with one or two line captions. I'm a fan, but I don't idolize him enough to have a picture book of him on my coffee table, and there is no reason to keep the book on the shelf because there isn't enough content to read. I was expecting a more traditional read, some race stories, training insights, etc. I would recommend Chrissie Wellington's book for something along those lines. Or if your looking for motivation try *Devoted: The Story Of a Father's Love For His Son*.

Great coffee table read! This book has a lot of neat insights into his life, a few training routines, and great images. Awesome to look through and informative as well. Not super in depth if that is what you're looking for, but the images are very well done!

I love Crowie, don't get me wrong. I am a Kona qualifier and met him x 2. I was just hoping for more meat with this book, but it is more of a coffee table item. Pictures are really great and his relationship with his family is interesting and all, but no inside information or anything.

Craig is one of the greatest champions in the world in triathlon. His book provides a brief, yet

colorful version of his path to being the best in the world, while also managing other difficult roles as sponsor to major companies, husband to Neri and father to Lucy and Austin. I am an age group triathlete and author of two books that attempt to share my journey to the finish line of six Ironman races in Lake Placid and the one and only US Championship in NYC. I mention this because Craig, as world Champion shares his experiences, emotions, training, and lifestyle that the millions of triathletes can relate to, learn from, and enjoy. Experience those same wonderful moments of "Crowie" race morning, opening up those gifts from under the tree, or the calming effect of finally starting a race, and the elation of crossing the finish line. Craig shares those sentiments and many more. Enjoy top notch photography, some basic training illustrations, and a peak inside the world of a champion. Ironman U.S. Championship Bring It On Home Ironman: Journey to Lake Placid

A very inspirational book. Very well done. Not meant to be read like a novel. Set it down on the coffee table and read a few pages/night. I had the privilege of meeting Craig Alexander at a book signing - genuinely a nice guy. Very down to earth and modest.

I definitely enjoyed reading Crowie's book. I would recommend it to anyone who is truly inspired by endurance sports. Crowie is such an amazing athlete and seems to be a down to earth type of individual. Truly inspiring.

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