



Hot Flashes and Half Ironmans: Middle-Aged Endurance Athletics Meets the Hormonally Challenged

Pamela Fagan Hutchins

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Women get older, dammit, and sometimes it sucks, especially for women who pride themselves on athleticism and an adventurous spirit. Hot flashes. Weight gain. Sleepless nights. Yes, it can be hard, but middle age doesn't have to be a flashing red stop light. It's perfectly acceptable for women of a certain age, a certain level of hormonal imbalance, and a certain amount of cellulite to don spandex and even enter the rarefied sport of endurance triathlon.

In fact, there's a huge advantage to aging: much of the potential competition drops out in favor of the couch and a remote control. And the endurance high? The elation of dietary purity and discovering you can have arms like Madonna? The Zen of goal attainment? Better than a good Shiraz buzz. Once you get past the ugly mood swings, chafing on your girly parts, and a "kill your own mother" craving for sleep and a hot Cinnabon, that is. Pamela Fagan Hutchins has been there and done that, with lessons learned and sense of humor (usually) intact. She completed her first triathlon at 39 and her first Half Ironman at 40. She has her eye on an M-dot tattoo in 2014.

An Award-Winning Finalist in the "Women's Health" category of The 2012 USA Best Book Awards.

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