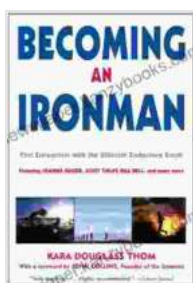


Becoming An Ironman: An Inspiring Story of Triumph Over Adversity

Kara Douglass Thom's story is one of incredible determination and perseverance. After being diagnosed with a rare and debilitating disease, she was told that she would never be able to run again. But Kara refused to give up on her dreams. She worked tirelessly to regain her strength and fitness, and in 2016, she became an Ironman triathlete.



Becoming an Ironman by Kara Douglass Thom

★★★★☆ 4.2 out of 5

Language	: English
File size	: 1174 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 320 pages
Lending	: Enabled



Kara's journey to becoming an Ironman was not easy. She faced countless challenges along the way, including multiple surgeries, chemotherapy, and radiation. But she never gave up. She drew on her inner strength and the support of her family and friends to keep going.

Kara's story is an inspiration to anyone who has ever faced adversity. It shows that anything is possible if you set your mind to it. If you have a dream, don't let anything stop you from achieving it.

Kara's Story

Kara was born in 1984 in a small town in Pennsylvania. She was a healthy and active child, and she loved to play sports. In high school, she was a star track and field athlete. She ran the 400-meter dash and the 800-meter run, and she was a member of the state championship team.

After high school, Kara attended college on a track and field scholarship. She continued to excel in running, and she set several school records. In her junior year, she qualified for the NCAA Division I Track and Field Championships.

But Kara's running career came to an abrupt end in 2006 when she was diagnosed with a rare and debilitating disease called polymyositis. Polymyositis is an autoimmune disease that attacks the muscles. It causes muscle weakness, fatigue, and pain.

Kara was devastated by her diagnosis. She had to give up running, and she was afraid that she would never be able to do anything athletic again.

But Kara refused to give up on her dreams. She started working with a physical therapist to regain her strength and fitness. She also started swimming and biking, which were less stressful on her muscles.

Slowly but surely, Kara started to get stronger. In 2010, she completed her first triathlon. It was a sprint triathlon, which is the shortest distance triathlon. But it was a huge accomplishment for Kara.

Kara continued to train and race, and in 2016, she became an Ironman triathlete. She completed the Ironman Maryland triathlon, which is a 2.4-

mile swim, 112-mile bike ride, and 26.2-mile run. It took her 13 hours and 56 minutes to complete the race, but she did it.

Kara's story is an inspiration to anyone who has ever faced adversity. It shows that anything is possible if you set your mind to it. If you have a dream, don't let anything stop you from achieving it.

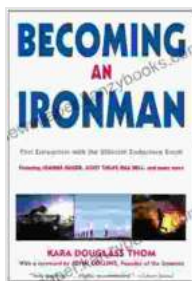
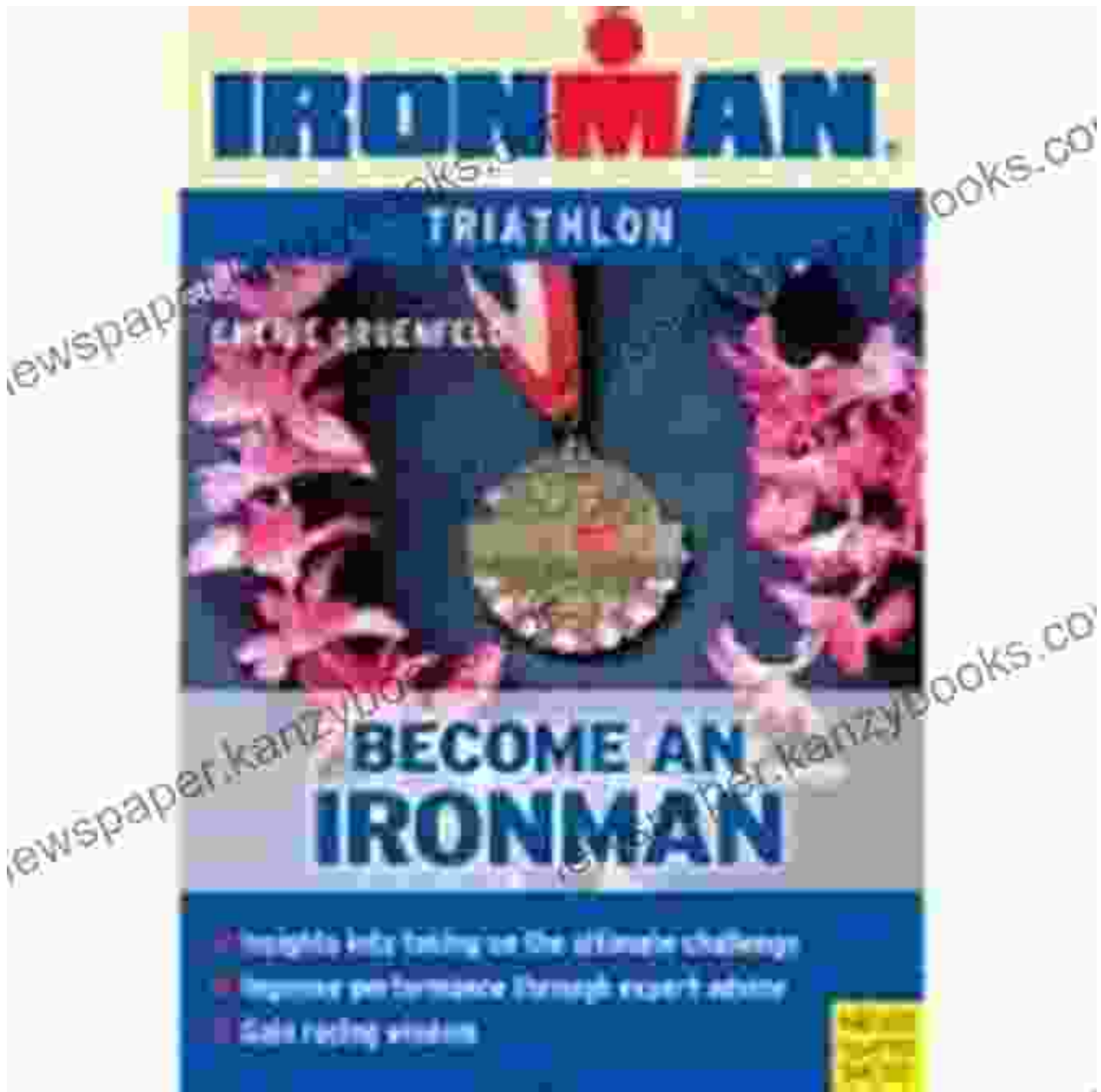
Kara's Book

Kara's book, *Becoming An Ironman*, is a memoir of her journey to becoming an Ironman triathlete. In the book, she shares her story of overcoming adversity and achieving her dreams. She also provides tips and advice for other people who are facing challenges in their own lives.

Becoming An Ironman is a must-read for anyone who is interested in triathlon, overcoming adversity, or inspiration. It is a story that will stay with you long after you finish reading it.

Free Download Your Copy Today!

Becoming An Ironman is available for Free Download on Our Book Library.com and other online retailers. Free Download your copy today and be inspired by Kara's incredible story.



Becoming an Ironman by Kara Douglass Thom

★★★★☆ 4.2 out of 5

- Language : English
- File size : 1174 KB
- Text-to-Speech : Enabled
- Screen Reader : Supported
- Enhanced typesetting : Enabled
- Word Wise : Enabled
- Print length : 320 pages

Lending

: Enabled



Dzogchen Nonmeditation: A Revolutionary Teaching Series for Spiritual Awakening

Dzogchen Nonmeditation Dzogchen Teaching Series is a groundbreaking exploration of the ancient Tibetan Buddhist teachings of Dzogchen. This comprehensive series offers a...



The Scariest One Of All Disney Short Story Ebook

Are you a fan of Disney and horror? If so, then you'll love The Scariest One Of All Disney Short Story Ebook. This chilling ebook features a...