

## BlogTalkRadio 4/28/09: The Ironman Journey

Contributed by Administrator  
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Join me on BlogTalkRadio on Tuesday April 28, 2009 at 8:00 pm central time for the latest episode of "Consumer's Guide To Health" as I discuss "The Ironman Journey". Training for your first Ironman triathlon is an adventure. The 2.4 mile swim, 112 mile bike, and 26.2 mile run challenges you not only physically, but mentally, emotionally and spiritually. Join me with special guests Shawn and Carrie Barrett as we discuss what it's like to prepare for the adventure, and how it affects you afterwards. This husband-and-wife triathlon combo are preparing for Ironman CDA in June. For physician Shawn, it will be his first, for marketing mastermind (funny gal, and one of my fave bloggers ) Carrie, she's making a return to the Ironman adventure.

The BlogTalkRadio call-in number is 646-929-1567. You can listen online at <http://www.blogtalkradio.com/abesselink> and also download this and previous episodes here as well.

I look forward to having you join in on the discussion.