



The Sport of Spectating: A Light-Hearted Training Guide for Supporters of Endurance Athletes

Lindsay MacDiarmada

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The Sport of Spectating takes a humorous look at endurance events like marathons, ultra-runs, traditional triathlons, and Ironman races. Written by a long-course triathlete and spectator, this book references some of the more entertaining aspects you will witness as your loved one transforms from an every-man to an endurance athlete. Stories from war-torn race supporters have been shared to create 62 memorable tips. These tips are designed to offer something "extra" to those who are familiar with the sport, and to make even the most novice fans into expert spectators. This book is a true survival guide for family and friends of endurance racers. It is sure to keep you laughing all the way to the finish line.

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