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Iron Dads: Managing Family, Work, and Endurance Sport Identities

By Diana Tracy Cohen

Rutgers University Press, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Among the most difficult athletic events a person can attempt, the iron-distance triathlon - a 140.6 mile competition - requires an intense prerace training program. This preparation can be as much as twenty hours per week for a full year leading up to a race. In Iron Dads, Diana Tracy Cohen focuses on the pressures this extensive preparation can place on families, exploring the ways in which men with full-time jobs, one or more children, and other responsibilities fit this level of training into their lives. An accomplished triathlete as well as a trained social scientist, Cohen offers much insight into the effects of endurance-sport training on family, parenting, and the sense of self. She conducted in-depth interviews with forty-seven iron-distance competitors and three prominent men in the race industry, and analyzed triathlon blog postings made by Iron Dads. What sacrifices, Cohen asks, are required - both at home and at work - to cross the iron-distance finish line? What happens when work, family, and sport collide? Is it possible for fathers to meet their own...



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Reviews

The best book i at any time read. I am quite late in start reading this one, but better then never. I realized this publication from my dad and i advised this book to understand.

-- **Raina Simonis**

Extensive manual! Its this type of great read through. Sure, it is actually engage in, nonetheless an interesting and amazing literature. Its been written in an exceedingly simple way and it is simply right after i finished reading this pdf through which basically altered me, affect the way i believe.

-- **Mrs. Mertie Cummerata**