**FOR IMMEDIATE RELEASE**  
**Contact:** Terry VanderWert  
**Phone:** +1 763-493-6329  
**Email:** tlvanderwert@gmail.com

**New Book Release: *Triathlon Adventures Across America - Swimming, Biking, Running, and Making Memories Together***

[The Villages, Florida] — Terry VanderWert is thrilled to announce the release of his new book, *Triathlon Adventures Across America: Swimming, Biking, Running, and Making Memories Together.* This heartfelt memoir shows what happens when empty-nest couple Terry and his wife, Joy, embrace life after raising their family by combining their passion for road trips and the outdoors into their next adventure together.

In *Triathlon Adventures Across America*, Terry and Joy VanderWert chronicle an extraordinary quest to complete a triathlon in all 50 states—turning each race into an opportunity for adventure, discovery, connecting with family and friends, and adding to the memories from their 50 years of marriage.

The VanderWerts, an empty-nest couple with a zest for life, took their shared sense of adventure across the United States. From 2011 to 2023, the couple crisscrossed the country, experiencing both well-known tourist attractions and hidden gems, forging unforgettable memories with family and friends, and deepening their bond—all while Terry competed in triathlons to stay fit.

As Terry raced, Joy often volunteered—sometimes having the more interesting stories to tell. Along the way, they navigated career transitions, cross-country moves, and the challenges of endurance sports, proving that it’s never too late to embrace a new adventure.

While many who hear “triathlon” think only of the grueling Ironman race. This story spotlights the thousands of smaller races, many that support important local causes, involving swim, bike, and run distances that almost everyone with consistent training can complete. Not only do these races qualify the competitor to be called a triathlete, they leave time after the race to explore new places and spend time with family and friends.

**Key Features of the Book**

* **Inspiration for Active Lifestyles**: Terry’s journey into triathlons began in his late 50s to lose weight and embrace healthier living, proving it’s never too late to start.
* **Travel Adventures**: Readers will get a front-row seat to the beauty and diversity of the American landscape through Terry and Joy’s cross-country expeditions.
* **Relationship Goals**: The book highlights the importance of shared experiences in strengthening relationships and finding joy in unexpected places.

Join Terry and Joy on their journey and get inspired to create your own adventures.

**About the Author**

Terry VanderWert is the publisher of *SeniorTriathletes.com,* a thriving resource and community for older adults embracing triathlons. Since 2016, Terry has encouraged readers to discover the physical and mental benefits of this dynamic sport, proving that age is just a number when it comes to reaching new goals.

**Availability**

*Triathlon Adventures Across America* is available in paperback, hardcover, and eBook formats through Amazon KDP, in paperback and eBook through IngramSpark, and in eBook and audiobook through Google Play.

For more details and order information, visit [SeniorTriathletes.com/triathlon-adventures-across-america](file:///C:\Users\tlvan\Documents\Senior%20Triathletes%20website%20content\Book\Triathlon%20Across%20the%20USA\Marketing\https;\seniortriathletes.com\triathlon-adventures-across-america).

**For Media Inquiries, Interviews, or Review Copies**:  
Please contact Terry VanderWert at +1 763-493-6329 or [tlvanderwert@gmail.com](mailto:tlvanderwert@gmail.com).

**Follow Terry Online**:  
Website: [SeniorTriathletes.com](https://seniortriathletes.com/)  
Social Media:

* Facebook: Senior Triathletes
* Instagram: seniortriathletes
* X: @seniortriathlet
* LinkedIn: terry-vanderwert ([linkedin.com/in/terry-vanderwert](https://www.linkedin.com/in/terry-vanderwert))

**# # #**