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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Ironman Langkawi–Malaysia–About The Race.

By Ray Fauteux

Ironman Langkawi–Malaysia is soon to take place in the idealic setting of Kuah town. The race is to go ahead as scheduled on February 26, 2006 and there are still openings for those of you looking for a race in the very near future.

The langkawi–Malaysia Ironman first took place in the year 2000 and has since become the favorite of many athletes from around the world.

The swim is a 3.8 km swim in the tranquil waters of the Kuah town Jetty.

The bike is a 2 and one half loop course that takes place on the coastal roads of Langkawi island. The course itself is hilly and undulating

The marathon consists of two 21.1 km. loops on a course that is generally flat but with gradual climbs at the 4–10 and 24–30 km. marks.

>From all reports Ironman Langkawi–Malaysia is well organized and supported with great enthusiasm by the local population.

One thing to be aware of and possibly train for is the heat which can be anywhere from 28–35 degrees C. Also, it is a very humid heat and reminds me quite a lot of what one might experience in the Hawaii Ironman in Kona.

Pros will be competing for prize money and age groupers will have the opportunity to qualify for the world championships in Hawaii as there will be spots available for age group qualifiers.

Accommodation prices look very reasonable. Several of the major hotels in Langkawi are just minutes from the race start. However, expect to pay quite a lot for the return flight from North America with gateways from Los Angeles and New York. There is no ferry necessary from the mainland to Langkawi island as they now have their own international airport.

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This seems to be a terrific holiday destination for those looking for a more "exotic" Ironman venue and comes highly recommended by those who have competed there in the past. Athletes from 17 countries are expected for the 2006 edition of this Ironman.

For those looking for a last minute race, it appears that entries will be available until mid–February. If not this year, then possibly it might be an ideal race to consider for 2007. Take the whole family and make a holiday of this beautiful Ironman destination. What an opportunity to visit the "other" side of the world.

Any information you might need can be found on their

website@LangkawiIronman.com

My name is Ray and I'm a Canadian with a 25 year career in endurance events including 14 Ironman triathlons. I've built a site called "Ironstruck" for the beginner triathlete and the novice ironman.

<http://triathlon-ironman-myfirstironman-ironstruck.com>

Experience Malaysia today with asia-hotels-Malaysia

By Macel Legaspi

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Paragon Travel Limited, a premiere internet hotel guides and reservation systems operating company, has recently lauched asia-hotels-malaysia.com. [Asia-hotels-malaysia](http://asia-hotels-malaysia.com) is a one-stop hotel online booking and travel guide in Malaysia.

Malaysia, one of the most pleasant countries to visit in Asia, is a haven of beaches, from powdery sand stretches to black sand beaches. People are very warm, hospitable and charming in Malaysia. The bustling and modern Kuala Lumpur, which is home to the twin Petronas Towers (the world's tallest building) is Malaysia's capital. Top destination stops include Penang, Langkawi, Melaka and Tioman. Take a trip to Malaysia now. Book your hotel room with asia-hotels-malaysia.com.

I'm currently Business Development & Marketing Associate for Paragon Travel Ltd.



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