



Bjørn Rasmussen

From Polio to Ironman

Thoughts about Life and Overcoming

Bjørn Rasmussen

From Polio to Ironman

Thoughts about Life and Overcoming

Books on Demand



Contents

[Preface](#)

[My Childhood in Aarhus](#)

[Moving to Kalundborg](#)

[Moving to Copenhagen and Ølstykke](#)

[Bicycling in the Ølstykke Bicycle Club](#)

[Bicycling in the Roskilde Bicycle Club](#)

[Jogging in the Ølstykke Jogging Club](#)

[Learning to Swim](#)

[Triathlon](#)

[Triathlon on the Ironman Distance](#)

[Ten years after](#)

[The Future](#)

[The Meaning of Life](#)

Preface

I have written this book for myself. After being employed for 44 years I recently retired in 2002 and am deciding how to best use my new freedom. I will spend my time doing what I like to do and I will try to be happy.

This book is about surviving with polio, and I believe other polio survivors would like to read about my experiences to see that they, too, can live and thrive in spite of polio. My hope is that this book can help them to be happier and more content with life.

This book is also about making wishes come true. If you really want to be stronger, or more successful in life for that matter, you must believe in yourself. There are lots of obstacles—your own mind must not be one of them.