



# **You Are an Ironman: How Six Weekend Warriors Chased Their Dream of Finishing the World's Toughest Triathlon**

*Jacques Steinberg*

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**A *New York Times* bestselling author takes readers inside the Ironman triathlon.**

As he did so masterfully in his *New York Times* bestseller, *The Gatekeepers*, Jacques Steinberg creates a compelling portrait of people obsessed with reaching a life-defining goal. In this instance, the target is an Ironman triathlon—a 2.4-mile open-water swim followed by a 112-mile bike ride, then finally a 26-mile marathon run, all of which must be completed in no more than seventeen hours.

Steinberg focuses not on the professionals who live off the prize money and sponsorships but on a handful of triathletes who regard the sport as a hobby. Vividly capturing the grueling preparation, the suspense of completing each event of the triathlon, and the spectacular feats of human endurance, Steinberg plumbs the physical and emotional toll as well as the psychological payoff on the participants of the Ford Ironman Arizona 2009. His *You Are an Ironman* is both a riveting sports narrative and a fascinating, behind-the-scenes study of what makes these athletes keep going..

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#### **Marlene Childs:**

Spent a free time for you to be fun activity to do! A lot of people spent their down time with their family, or their own friends. Usually they accomplishing activity like watching television, gonna beach, or picnic inside park. They actually doing same thing every week. Do you feel it? Would you like to something different to fill your current free time/ holiday? Might be reading a book may be option to fill your free time/ holiday. The first thing that you ask may be what kinds of guide that you should read. If you want to try look for book, may be the reserve untitled *You Are an Ironman: How Six Weekend Warriors Chased Their Dream of Finishing the World's Toughest Triathlon* can be great book to read. May be it could be best activity to you.

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Playing with family inside a park, coming to see the coastal world or hanging out with close friends is thing that usually you could have done when you have spare time, after that why you don't try point that really opposite from that. 1 activity that make you not experiencing tired but still relaxing, trilling like on roller

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