



# **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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#### **Robert Tyson:**

The book untitled You Are an Ironman: How Six Weekend Warriors Chased Their Dream of Finishing the World's Toughest Triathlon contain a lot of information on this. The writer explains her idea with easy approach. The language is very straightforward all the people, so do not worry, you can easy to read this. The book was written by famous author. The author will take you in the new period of literary works. You can read this book because you can please read on your smart phone, or product, so you can read the book throughout anywhere and anytime. In a situation you wish to purchase the e-book, you can wide open their official web-site and also order it. Have a nice read.

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In this age globalization it is important to someone to find information. The information will make a professional understand the condition of the world. The healthiness of the world makes the information much easier to share. You can find a lot of recommendations to get information example: internet, classifieds, book, and soon. You can view that now, a lot of publisher in which print many kinds of book. Typically the book that recommended for your requirements is You Are an Ironman: How Six Weekend Warriors Chased Their Dream of Finishing the World's Toughest Triathlon this publication consist a lot of the information of the condition of this world now. That book was represented how can the world has grown up. The words styles that writer make usage of to explain it is easy to understand. The actual writer made some exploration when he makes this book. That is why this book appropriate all of you.

#### **Everett Barton:**

What is your hobby? Have you heard in which question when you got students? We believe that that question was given by teacher to their students. Many kinds of hobby, All people has different hobby. So you know that little person like reading or as examining become their hobby. You need to know that reading is very important in addition to book as to be the factor. Book is important thing to add you knowledge, except

your current teacher or lecturer. You discover good news or update about something by book. Numerous books that can you choose to adopt be your object. One of them is this You Are an Ironman: How Six Weekend Warriors Chased Their Dream of Finishing the World's Toughest Triathlon.

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