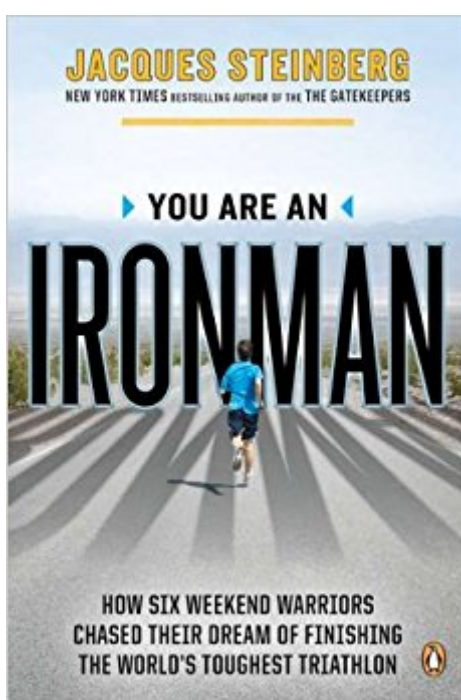


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# You Are An Ironman: How Six Weekend Warriors Chased Their Dream Of Finishing The World's Toughest Triathlon



## Synopsis

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..

## Book Information

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## Customer Reviews

“For anyone who dreams of doing a triathlon or needs to find motivation, *You Are An Ironman*, is a Fantastic Read! Steinberg follows six ordinary athletes on their individual odysseys, he illuminates their courage and commitment and inspires readers to boldly pursue their dreams.” —Lynn Cox  
“The athletes are fascinating in their own right, which helps to create an instant bond with readers and should make the book a compelling and inspirational read for obsessive exercisers and couch potatoes alike.” —The Associated Press  
“... a great new book that any first time Ironman entrant should read.” —Active.com  
“An

engrossing story of pain and perseverance | compelling |

Publishers Weekly "Anyone dreaming of completing a triathlon or just seeking to get off the couch and into better shape will find inspiration here." | Kirkus "Steinberg breaks the mold | A great read for anyone thinking about getting off their couch and doing something extraordinary that will truly change the rest of their lives." |

TriEssential.com "Best-selling author Jacques Steinberg might not have an Ironman finish under his belt, but he certainly deserves an honorary finish certificate for his excellent portrayal of our sport. With an outsider's view of multi-sport training and racing, the trained eye and ear of a New York Times reporter and a captivating writing style, Steinberg has managed to describe the world of Ironman in a book that reads like a suspense novel while also capturing the inspiration and emotion of our sport." | Ironman.com "Steinberg keeps up his pace the whole distance and saves the best for a power surge to the climax. You Are An Ironman could be the Rocky of triathletics." | StarNewsonline.com "Steinberg is a master storyteller using his skill to narrate their stories in what reads like an epic novel | except they are true | His way of adding suspense to the story is so subtle is [sic] sneaks up on you | Whether you are an aspiring Ironman athlete yourself or not you should read this book. Between the expertly delivered story and the authentic portrayal of the people and their training there is much you can learn form their life-affirming journey while being entertained from cover to cover." | Examiner.com "[A] great book to read |" | MinnesotaTriNews.com "[R]eaders will surely want to carry on and experience the excitement that leads to the finish line in Tempe, Ariz., [sic] where the race announcer proclaims to each entrant who comes across that | you are an Ironman." | Winston-Salem Journal

Jacques Steinberg has been a staff reporter for The New York Times for more than ten years and currently is a national education correspondent. In 1998, he was awarded the grand prize of the Education Writers Association for his nine-part series on a third-grade classroom on Manhattan's Upper West Side.

Let me start by saying that as a triathlete - Olympic, non Ironman - I've read quite a few of this "genre" now. Whilst I'm not saying I'm an expert, I'd like to think I've got some background knowledge here. The book is an attempt to look at 6 very different people. To see the reasons why they signed up. To see how they trained. How they balanced their work/family/training. To try to get

inside their heads and see how they were feeling in the year up to the Ironman. In that it's quite successful. You can't help coming away from the book thinking - I could do that. But could you? My main downside from the book is the fact it covers 6 people. Firstly, the book felt quite disjointed jumping around trying to juggle 6 stories. I actually ended up writing little bio's inside the front cover so I could remember who was who. Secondly, the other obvious downside of writing about 6 people is that you can't go into as much detail. In comparison to other books - such as *Can't Swim, Run, Ride* by Andy Holgate - I don't feel the book really portrays in enough detail the sacrifices and training that these 6 people really had to put in. For instance, the *Complete Idiot's Guide to Triathlon* training has an Ironman training schedule that typically involves 18-22 hours of training per week. Apart from 1 character - a nurse who worked long shifts - I didn't feel we got a true sense of the disruption and the effort that these people lived through. I'm not saying the book underplayed it, it just didn't report on it. If you're seriously thinking about entering an Ironman on the back of reading this book (and I truly hope you do), I strongly urge you to research another book in addition to this one and go into it with your eyes wide open.

You don't need to be a triathlete to love this book. There are so many life lessons in here and the individuals Jacques writes about are every-day common people with a dream. What they go through, sacrifice and what these people learn are the things that we all can learn from. As a triathlete myself this book hits home for me. I understand the struggles that they all go through in preparing for what is the world's toughest triathlon. But Ironman is more than a physical exercise. It's about mental toughness as well and what you do to prepare for that day, and what you will find on that day. "There is no can't in Ironman."

Just nothing exciting happens or anything that holds your interest. It's all armatures asking themselves everyday if they can do this. It would be just like me writing a book about young kids getting ready for a t-ball game. Nothing really exciting, or anything worthy of interest to write about really. There are a million stories about a million people that do the Ironman, but I don't wish to read about all of them. To me it just wasn't worth the time to read this is what I got out of it and I read every word hoping and hoping something really cool or interesting would happen. They tried it most made it and that's the book in a nutshell. Forget it. Here's the book now that I think of it... My wife said she could do the Ironman competition and so after a year of swimming, biking and running, she tried it, and made it. THE END.....

I finished *You Are an Ironman* seconds ago. This is a great read for athletes and non-athletes alike. The dedication of these "weekend warriors" is nothing short of impressive. As a nurse, and a YMCA member who takes an hour class here and there, I was in awe with Leanne. Working full-time, 12 hour days, while training for an event like IM takes a special kind of person. All of the athletes profiled are inspiring. Even if you have no desire to compete in a triathlon, let alone an Ironman, this book will most likely inspire you to get off the couch. I have exercised every day since starting this book. Not only is this book inspiring, it's well written and at times, suspenseful. I couldn't wait to get back to reading to find out what would happen next. I found myself rooting for these people! Inspiring and incredible is how I would describe these athletes and this book. Great read!

Whew! I have just completed *YOU ARE AN IRONMAN* written by Jacques Steinberg and purchased from . I can honestly say...I need a nap!! I have never, nor do I ever intend to participate in an Ironman triathlon, but I found this book to be an entertaining and heartfelt read, even for a non-athlete such as I. The author does an excellent job explaining the preparations and training that must occur months before the event, causing me to be completely worn out! Mr. Steinberg successfully integrates the stories of the six weekend warriors together, rather than designating each individual to a separate chapter, thus allowing the reader to become aware of each triathlete's strengths and weaknesses when compared with each other. I highly recommend *YOU ARE AN IRONMAN* to anyone --triathlete or not--who enjoys an excellent book (and a good nap when finished).

I just started triathlon this past year and with a few races under my belt I already wanted to dream big about being able to do an ironman someday yet it seemed impossible. I feel different now. These are everyday normal people like me and you who made it happen and they share the struggles and the victory. It was a quick read for me as I looked forward to it every night before bed. It has helped me "dream big" and now an ironman is in my 2 year plan. Also, some of these characters started out with no training (ie they start the story when they were overweight to show how far they have come ).Really a great job!

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