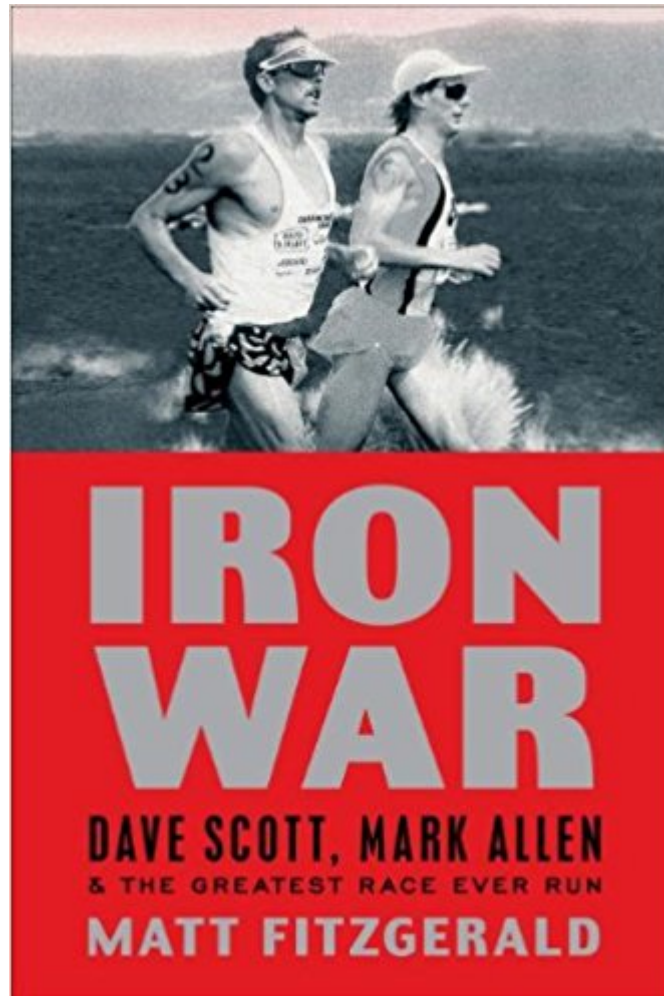




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Iron War: Dave Scott, Mark Allen, And The Greatest Race Ever Run



Synopsis

The 1989 Ironman World Championship was the greatest race ever in endurance sports. In a spectacular duel that became known as the Iron War, the world's two strongest athletes raced side by side at world-record pace for a grueling 139 miles. Driven by one of the fiercest rivalries in triathlon, Dave Scott and Mark Allen raced shoulder to shoulder through Ironman's 2.4-mile swim, 112-mile bike race, and 26.2-mile marathon. After 8 punishing hours, both men would demolish the previous record--and cross the finish line a mere 58 seconds apart. In his new book *Iron War*, sports journalist Matt Fitzgerald writes a riveting epic about how Allen and Scott drove themselves and each other through the most awe-inspiring race in sports history. *Iron War* goes beyond the pulse-pounding race story to offer a fascinating exploration of the lives of the world's two toughest men and their unquenchable desire to succeed. Weaving an examination of mental resolve into a gripping tale of athletic adventure, *Iron War* is a soaring narrative of two champions and the paths that led to their stunning final showdown.

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Customer Reviews

"Captivating, animated, uniquely readable and downright thrilling. [*Iron War*] is a truly great read--and an ode to our sport with all its quirky characters and epic venues...It is absolutely comparable to Krakauer, Bowden (*Blackhawk Down*), or Sebastian Junger (*The Perfect Storm*)...*Iron War* is what we buy books for: Excitement, entertainment, information and inspiration." -- TriSports.com

"A true page-turner about a too-little-known great moment in sports." -- Booklist (American Library Association)

"For any triathlete or endurance athlete, or anyone who wonders

what it takes to be the best in sport, *Iron War* is an excellent read...Readers will come away with a very strong understanding and appreciation for two of the true legends of our sport...as well as a very clear look at the greatest race ever run." -- Triathlete.com"

"*Iron War* really is a book that should be on your bookshelf if you have even the slightest interest in the sport of triathlon, but it also is a great read for anyone looking for inspiration in general." -- Slowtwitch.com"

"Fitzgerald eases readers into the nuances of the sport, capturing imaginations with a satisfying study of two exceptional athletes and what makes them tick." -- ForeWord magazine"

"*Iron War* is the very first time our sport has engaged in Krakauer-style journalism, where full-featured personalities are presented to readers without excuse, or pause, or an author's self-censorship. *Iron War* is Fitzgerald's Krakauer moment." -- Slowtwitch.com"

"*Iron War* by Matt Fitzgerald recounts the fabled Ironman world championship battle between triathlete legends Dave Scott and Mark Allen. By the end of the story, [triathletes] will feel like [they] personally know the athletes, raced side-by-side with them, and understands the amazing contribution they made to the sport." -- Active.com"

"In his new book *Iron War*, Fitzgerald recounts in gripping detail the showdown between Mark Allen and Dave Scott. *Iron War* delves into the vastly different personalities and psyches of these two iconic athletes and presents an anatomy of mental toughness that both men shared." -- Triathlete magazine"

"In an exhaustively researched book, Fitzgerald recreates the famous race between Dave Scott and Mark Allen in the 1989 Ironman World Championship....[*Iron War*] captures the strength of character of both athletes better than any other publication to date." -- Xtri.com"

"The real gems of [*Iron War*]...are the robust descriptions of the race itself: the pain and suffering, the strategy, the story arc. The telling of this story gives insight into the race far beyond what we could see on the ABC special...or on YouTube today. It's an insight that casual fans (and perhaps even athletes themselves) don't often get. And for that reason alone, [*Iron War*] was one I could not put down." -- TriMadness

October 14, 1989: The day of reckoning. The six-time champion seeks to destroy his competition once and for all. But his challenger knows "he" must win the race that matters most. Driven by one of the most intense two-man rivalries in sport, Dave Scott and Mark Allen faced off at the Ironman(R) World Championship to contest a race that would redefine the limits of human endurance. Shoulder to shoulder through a 2.4-mile swim, a 112-mile bike race, and a 26.2-mile marathon, Scott and Allen battled at record pace for a grueling 139 miles. After 8 punishing hours, the margin of victory would be a mere 58 seconds. "*Iron War*" is the soaring narrative of how two champions--one a master of pure will, the other plagued by self-doubt--drove themselves and each other to push beyond all known boundaries of physical performance in one of the most awe-inspiring races in

sports history. October 14, 1989, marked the much-anticipated showdown between a pair of superhuman athletes at the height of their racing careers. Dave Scott and Mark Allen fought many battles prior to the 1989 Ironman(R) World Championship in Hawaii. Six times before, the talented challenger Allen had come up short. Scott, a primal force from the dawn of triathlon, was a power to be reckoned with--a champion who in his Ironman debut finished more than an hour ahead of his competition. Allen's record was equally spectacular, yet while he was able to win races around the world, he repeatedly failed at the one that mattered most. In the race that would become known as the Iron War, Scott and Allen raced side by side at world-record pace for a grueling 139 miles. Hordes of spectators lined the streets in the final 2.6 miles, drawn by the unfolding drama to witness one of the most extraordinary stories in the history of sports. Sports journalist Matt Fitzgerald writes a riveting epic about the lives of two legendary rivals, each possessed by an unquenchable will to succeed. Beyond its compelling race narrative, *Iron War* is a fascinating exploration of how Allen and Scott became such driven athletes: one who fought his inner demons to become victorious and the other who was left unable to forgive his loss. Hell-bent on achieving greatness, these two Ironman champions redefined the limits of endurance and mental toughness and forever transformed their sport.

The short answer is that I found *Iron War* to be an eloquently written homage to two great athletes who really, truly put on one of the most extraordinary displays of gumption, grit, and competitive fire I have ever known. So meticulously wrought is the human dimension of this epic saga that I should think even non-athletes would find the story compelling and meaningful. The book offers depth along multiple dimensions, from rich background on the sport itself, to a controversial degree of detail about the lives and psychologies of the athletes, to some of the latest, greatest science about what makes a human being capable of such extraordinary effort. It is a feast of ideas as much as a gripping account of an extraordinary day. I feel sad that the athletes themselves are so upset with this work; I myself simply cannot imagine how I could feel defamed by this beautiful tale, although I am sympathetic as to why public exposure of some very personal information would at least make someone uncomfortable-- after all, we human beings have a disturbing history of judging each other with little compassion for each others' foibles and flaws. The author certainly delves into the psychology and life history of these two men in lavish detail, but this for me serves to greatly enrich the story and leaves me with a deeper appreciation for Allen and Scott and what they accomplished. As much as they both may have strove for perfection and invulnerability, both men are nevertheless thoroughly human, warts and all. This only makes their achievements more inspiring, and I have

come away from this book thinking more of them, not less. This book is obviously just one person's perspective on that fateful day nearly 22 years ago, and of the chain of events that lead up to it, who is himself an imperfect human being. But the book appears to be meticulously researched, with plenty of end notes for the interested reader to follow up on. Facts are one thing, though, and impressions are quite another. Not even the athletes themselves are necessarily the final arbiters of the truth of what makes them tick, or what happened on that day. All of us are always interpreting our experience, weaving imperfect stories out of the information we have available to us. The notion that Fitzgerald intended to defame, embarrass, or misrepresent Allen and Scott stretches credulity; to me the book is clearly the work of a person who loves the sport, loves his craft, and greatly admires these two remarkable athletes. Please read this book and judge for yourself!

This is a very hard book for me to review . I was there I saw it , I have read numerous articles about it and watched the DVD hundreds of times . I lived Ironwar , I knew it back to front . I'm an unabashed Dave Scott fan , so it was hard for me to get this book after reading Dave's response to it - however I had already pre-ordered it and went ahead with the purchase . This book is great , whilst reading it I noted that I had read the content , quote or line in some other article previously , Fitzgerald has extensively borrowed from numerous sources - he respectfully credits them all and is able to tie it all in together . At times I read things and went "Whoa , now I know Why Dave and Mark are upset" however I went to the reference notes and acknowledgements at the back and Fitzgerald was seemingly able to offer a source for just about every comment, if not all . The book is not solely about Ironman 89 , there is a lot of background and historical notes of much interest about the sport and the two protagonists and the events leading up to the great day. For anyone interested in Ironman and Triathlon this is a Must read , it's been 22 years since Ironwar that's plenty of time for the story to be told - Fitzgerald took the bull by its horns and ran with it and has delivered an exceptionally well written and researched book - to him I say well done and thank you . I'll watch with interest Dave's and Mark's action and hope that they will also find the time to pen their version . Buy it Read it enjoy it !

A little bit more extraneous information than I bargained for, but a quick read. Loved the story of the iron war race between Mark Allen and Dave Scott. Fitzgerald's writing is a little annoying to me, and I was disappointed when I later found out Mark Allen and Dave Scott actually tried to sue him for defamation based on the book--they had no input in it and said it was more fiction than fact. Learning that Fitzgerald took a lot of artistic liberty with this true story cheapened it for me, but a

decent read nonetheless

I loved this book. I brought to it only a passing acquaintance with triathlon but an abiding interest in human behavior. Fitzgerald has crafted a suspenseful page-turner that is as gripping as any mystery novel you might read. He has structured the book perfectly, giving psychological histories of the competitors that add to the suspense, mixed in with a thorough grounding in the underlying neuroscience and physiology of endurance. If you are interested in the "why" of great accomplishment (of all kinds), you will probably find this book fascinating. I found nothing negative in the portrayals of Dave Scott and Mark Allen. We are to understand that they have, like the rest of us, emotional baggage to deal with and that, unlike the rest of us, they also have surpassing physical gifts. How these factors play out is masterfully presented in a respectful and compassionate way. I sense that Fitzgerald wrote this book as much with his heart as with his mind. Iron War is a book that will stay with me for a long time. It belongs with all the classic recountings of immense desire coming smack up against immense obstacles. That's timeless stuff.

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