



IRON WAR

DAVE SCOTT, MARK ALLEN

& THE GREATEST RACE EVER RUN

MATT FITZGERALD

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IN MILITARY AFFAIRS THE STRENGTH OF AN ARMY is the product of its mass and some unknown x That unknown quantity is the spirit of the army, that is to say, the greater or lesser readiness to fight and face danger felt by all the men composing an army, quite independently of whether they are, or are not, fighting under the command of a genius, in two- or three-line formation, with cudgels or with rifles that repeat thirty times a minute. Men who want to fight will always put themselves in the most advantageous conditions for fighting.

— LEO TOLSTOY, *WAR AND PEACE*

CONTENTS

1	THE MOMENT	1
2	A DROP TOO MUCH	9
3	GET A GRIP	33
4	PAIN COMMUNITY	59
5	YOU AGAIN	73
6	DIG ME BEACH	105
7	IRON WILL	131
8	SHOT OUT OF A CANNON	151
9	BURNING MATCHES	171
10	VISION QUEST	191
11	BREAKING POINT	213
12	THE MAN'S SEARCH FOR MEANING	233
13	SHAMAN SURFER	257

Epilogue 283

Notes 289

Photo Credits 317

Course Map 318

Iron War Timeline 320

Acknowledgments 323

About the Author 325

THE MOMENT

A hero is no braver than an ordinary man,
but he is brave five minutes longer.

— RALPH WALDO EMERSON

Two men run shoulder to shoulder down the middle of the Queen Kaa-humanu Highway on Hawaii's Big Island, pressing southward toward the coastal town of Kailua-Kona. The road they travel cuts a narrow artery through a vast black lava field that supports no life save for a few scattered tufts of hardy fountain grass. Hazy clouds above trap muggy hotness below like the lid of a steaming kettle. A slick coat of rank sweat—a microcosm of the smothering atmosphere—bastes the skin of the hard-breathing runners, sealing in the heat churned out by the fiery furnaces of their muscles.

Both men are tall and lean, with the characteristic legs of elite triathletes—lither than those of cyclists, more muscular than those of runners—extending sinuously beneath skimpy 1980s running shorts. Each man hides a thousand-yard stare behind sport sunglasses, but their slack cheeks betray a deathly weariness.

They are not alone. A caravan of mopeds, bicycles, cars, Jeeps, and trucks has formed behind the athletes, the spectators aboard these conveyances having been drawn into the convoy by the spreading news of the spectacle they now behold. A few of the motorized vehicles and most of the bikes should not be where they are, as the highway is closed to normal

transit, but the race marshals have lost control and no longer care. Caught up in the same hypnosis as everyone else, they simply follow and watch.

It is a strange apparition, this silent caravan, a sort of motley roving amphitheater, made stranger still by its silence. Those watching dare not speak a word for fear of breaking the spell in which all are complicit. Aside from the occasional shout of encouragement from a volunteer at a roadside drink station, the only sound to be heard is the rhythmic huffing of the athletes' exhalations and the soft slapping of their feet against the pavement.

"Right on!" screams one young man as the runners approach the drink station he's staffing. "*Right! On!*" he repeats, cheering not for one runner or the other but for the performance itself, losing his mind in excitement as he witnesses the consummation of every fan's notion of the best thing that could possibly be happening in this, the most anticipated showdown in the history of triathlon—the sport's two towering heroes running each other into the ground, obliterating records and annihilating all other competitors, *eight hours* into a duel in which they have never been more than a few feet apart.

The man on the right, dressed in green, black, and white Brooks apparel, is Dave Scott, six-time winner of this race, the Ironman World Championship. The runner in yellow, black, and white Nike apparel is Mark Allen, six-time loser of Ironman, winner of everything else.

They continue. Each man runs not as fast as he can but as fast as the *other* can, having already swum 2.4 miles, bicycled 112 miles, and run 24 miles, with the balance of a marathon left to run, all in tar-melting heat. That is why the pair remains as if tethered wrist to wrist after racing nearly a full-day shift, well ahead of 1,284 of the best triathletes in the world. Each is trying with all his might to break the body, mind, or spirit of the other, but although all of these elements in both have been stretched to the breaking point, none has yet broken.

Within their minds a pitched battle is being waged between unimaginable suffering and an equally intense desire to resist that suffering and win. The pain in their thighs, especially, is so severe that in any other context they would find it impossible to walk a single step. Yet each continues to run sub-six-minute miles because each still believes the pain is worth the hope of winning.

An expectant crowd waits at the finish line in downtown Kailua-Kona. All they know of the great struggle taking place on the Queen K Highway

is what little information the race announcer provides in sporadic updates based on garbled two-way radio reports from the field. Yet these crumbs are more than enough to captivate them.

While the multitude waits, the competitor who is currently in twenty-seventh place in the race encounters Dave Scott and Mark Allen and their silent caravan head-on (it's an out-and-back course) and stops cold to watch them. He has devoted months of hard training to preparing for this day. For several seconds he claps and shouts like any other spectator, momentarily indifferent to his own performance.

A photographer leaps off the back of his chauffeured motorcycle and attempts to capture close-up images of the combatants while sprinting alongside them. Immediately he recognizes his mistake. Although young and fit himself, he quits in exhaustion after fifty yards. Before leaping back on his motorcycle, he watches the runners speed away down the road, the camera slung from his neck briefly forgotten.

Seated on the trunk of a convertible some fifty feet behind Dave and Mark, his shoes resting on the back seat, is Bob Babbitt, the 38-year-old publisher of San Diego-based *Competitor* magazine. His face is frozen in a faint grin. He believes he is watching the greatest race ever run. The cover line for the next issue of his publication has already come to him: *Iron War*.

IRONMAN IN 1989 means more to the young sport of triathlon than any other major championship means to any other sport. It is virtually the sport itself—the only race that really matters. Fans and sponsors don't care how many other triathlons you win if you don't win Ironman. That's why short-course specialist Mike Pigg, feared in two-hour races, is competing in this race even though it's way too long for him. It's why Scott Molina, winner of numerous events in cooler places, kept doing Ironman, despite being no good in the heat, until he cherry-picked a victory last year, taking advantage of Dave's absence and Mark's bad luck. Hell, even duathlon star Kenny Souza, dominant in run-bike-run events, feels compelled to try, and he can't really swim.

Mark Allen is virtually unbeatable in other triathlons and has amassed nine wins in nine races this year ahead of Hawaii, two of those wins over Dave Scott. But those victories count for little in his reckoning.

"When you come to Ironman, you have to put everything you've done before it in the garbage can," Mark told *ABC Sports* before the 1987 Ironman. "It all means zero."

It is this race Mark wants, and he is snakebit here. Dave and the island have his number.

Dave Scott dominates Ironman as few athletes have ever dominated a major championship in any sport. Before today he has raced it seven times, won it six times, and finished second once. And then there's *how* he wins—crushingly, wielding a force field of invincibility like a weapon. At the start of the marathon leg of the 1983 Ironman, trailing Scott Tinley by twenty seconds, Dave looked into an ABC television camera trained on him and snarled, “I’m going to *bury* this guy,” then promptly fulfilled the promise.

They call him the Man.

Mark Allen is his only equal, almost untouchable in triathlons held everywhere except Hawaii. His nickname is Grip. As in “death grip.”

Seldom do the two greatest champions of a generation in sport, each with a career prime that will ultimately span more than a decade, achieve their finest moments on the very same day, but Dave Scott and Mark Allen appear to be doing just that. On this day, they are not merely the best in the sport; they are literally the best by miles. Here in the final stretch of the marathon leg of the race, Dave and Mark are *three miles* ahead of their nearest challenger. With every stride they are redefining the possible, on pace to run a sub-2:40 marathon in almost 90-degree heat following a four-and-a-half-hour cycling time trial and a fifty-minute all-out swim effort in open water—a feat that nobody would previously have believed to fall within the scope of human potential.

Earlier in the year, in anticipation of this collision, Bob Babbitt set out to fan the hype by creating a cover for his publication that depicted the two men standing back to back, fisted arms crossed against their chests, in the style of a classic boxing poster.

“Sure, I’ll do it—if Dave comes here,” said Mark, who was training in Boulder, Colorado, when Bob called.

“Yeah, I’ll do it—if Mark comes here,” countered Dave, born and raised and still living in Davis, California.

In the end a photographer traveled to both places to shoot each man with the same backdrop behind him, then spliced the two halves together. The rivals appeared to be as close as they are now. The cover line read, “SHOWDOWN ON THE KONA COAST.”

It’s not that Dave and Mark really hate each other. They just can’t like each other. Only one race matters, and only one man can win it. They’re like two ravenous tigers fighting over a kill. Dave was an Ironman legend

before Mark even owned a bike. But the younger man was quickly dubbed his elder's heir apparent. Dave resented it, and Mark knew it.

"It was like coming home after a hard day at work and expecting the family to cater to him," Mark wrote of Dave in his 1988 book, *The Total Triathlete*. "When he got home, when he arrived in Hawaii, someone else was in his house getting all his attention. And that someone else was me."

Dave has beaten Mark five times in this event, but the overall rivalry is hardly lopsided. Mark defeats Dave routinely in most other triathlons. Each loss here deepens Mark's desire to turn the tables, and both men know—or at least one fears and the other has faith—that Mark is capable. Twice he has finished second to Dave, and twice he has amassed huge leads over his rival before falling apart. There is broad agreement that Dave keeps beating Mark in Hawaii not because Dave is simply better but because Dave has mastered the race and Mark has not.

"It's not so much Dave Scott has defeated me, or Scott Tinley, or whoever's come in ahead of me," Mark said dismissively in an interview for ABC television before the race they are now near completing. "It's always been the course—the elements, the wind, the heat, the humidity, and the distance under that sun for eight and a half hours."

In support of Mark's point, when Dave pulled out of the '88 Ironman two days before the race with an injury, Mark became the prohibitive favorite. But he suffered two flat tires on the bike and finished fifth. It seemed as if Fate was not content for Mark to become the Ironman champion except by beating his nemesis. If ever.

A year later Dave is healthy, and Mark's rotten luck appears to be behind him. Both men have transformed the agony of their disappointments at the '88 race into hunger for redemption. Both performed at the highest level of their careers in their summer buildup to this race. Mark went undefeated. Dave set an Ironman world record of 8:01:32 in Japan. Theirs were the only names mentioned in the obsessive "Who do you like this year?" conversations that ritually devour all other topics during race week in Kailua-Kona. Last year's winner, Scott Molina, has not returned to defend his crown, writing himself off as a one-time opportunist. Two-time winner Tinley, it is agreed, has been surpassed. Sure enough, with two miles left in the race, Dave and Mark are three miles ahead, inches apart.

The conflict between the two men goes deeper than mere professional self-interest. Under the surface of their Ironman battles is a clash of opposing ways of being. Mark is a New Age spiritual type. He meditates

and pays attention to auras. He trains smart and isn't afraid to take a day off when his body needs it. Dave's a good old-fashioned jock of the no-pain-no-gain school. He believes you win by outworking your competition in training and outsuffering it in races. Meditation? No, thanks.

Like many great athletes, Dave competes best when he competes angry. He feels that being pals with any of his rivals would weaken him as a competitor, so, in stark contrast to his peers, he trains utterly alone in his out-of-the-way hometown, the chief virtue of whose isolated desert environment, in his mind, is that it is not a place that is attractive to anyone else in the sport. It is Dave against the world, and he likes it that way.

Meanwhile, Mark trains with Tinley, Molina, Pigg, Souza—everyone, it seems, in triathlon's hypersocial birthplace and epicenter: sunny, beachy San Diego.

Generally mild-tempered, Dave goes to great lengths to gather so-called bulletin-board material—insults, perceived slights, and signs of disrespect—to feed the anger that he depends on to race as hard as he does. In 1987 Kellogg created a breakfast cereal called Pro-Grain. Mark Allen's face appeared on one version of the box along with the tagline "Ironman Food."

"What a joke," Dave scoffed at the time. "Mark has never won Ironman. And that cereal's not even good for you!"

Proving his point at Ironman that year, Dave again chased down Mark on the run, erasing a four-minute deficit and blowing by him to win by eleven minutes. Mark spent the night in a hospital.

As in any great sports rivalry, enmity is mixed with intimacy. In training, Dave and Mark think about each other like targets. Their blood warms whenever their paths cross off the racecourse, as they did at a press conference just two days ago, where they never greeted one another, never even made eye contact, despite being seated in adjacent chairs. As they run together now, each senses clearly how the other feels—whether he is strong or weak in any moment.

Who is ultimately stronger? The answer is undetermined. Dave does not know, nor does Mark, nor do the spectators who trail them in a reverent hush. One of these two men must soon break the other—in body, mind, or spirit. Who will it be? Not necessarily the faster man. The battle being waged now is about will as much as skill. Already both men have pushed deeper than ever before into the inferno of suffering that stands between every racer and his final performance limit. The winner of this fight is

likely to be the man who dares to push deepest. Eight hours of racing are culminating in a game of chicken.

Endurance racing is steeped in the art of pacing. Each man has to hold back *something*. But how little does he gamble holding back? As they blaze southward toward the finish line in Kailua-Kona, Dave Scott and Mark Allen are risking everything, running in a shared state of unmasked desperation, to win—or not lose—*right now*.

It is one minute before three o'clock on the afternoon of October 14, 1989, and something is about to happen.



Mark found himself in the rarefied company of Scott Molina, Dale Basescu, and Scott Tinley in his first triathlon, USTS San Diego in 1982. Dave won the race; Mark finished fourth.

Before Mark owned a bike, and before Scott Tinley knew who Mark was, they competed against each other in a run-bike-run race hosted by Tom Warren and Tug's Tavern in 1981.





ABOVE: Mark and his Mona Lisa smile.

RIGHT: Dave became the first two-time Ironman winner in October 1982.



ABOVE: When Dave talks Ironman, as he did in Kona before the 2008 race, people listen.



LEFT: Dave's father, Verne, made his own mark on triathlon as the cofounder and leader of its first governing body. In 2009 Verne was inducted into the USA Triathlon Hall of Fame.

NOTES

CHAPTER 1: THE MOMENT

- p. 2 in which all are complicit: Dan Empfield, personal telephone interview, November 2010.
- p. 2 drink station he's staffing: *ABC Sports 1989 Ironman* television broadcast.
- p. 3 radio reports from the field: Mike Plant, personal interview, San Marcos, CA, November 2010.
- p. 3 indifferent to his own performance: Paul Huddle, personal telephone interview, September 2010.
- p. 3 briefly forgotten: Rich Cruse, e-mail correspondence, May 2010.
- p. 3 the greatest race ever run: Bob Babbitt, personal interview, San Diego, CA, 2010.
- p. 3 only race that really matters: John Duke, personal telephone interview, December 2010.
- p. 3 before the 1987 Ironman: *ABC Sports 1987 Ironman* television broadcast.
- p. 4 promptly fulfilled the promise: *ABC Sports 1983 Ironman* television broadcast.
- p. 4 living in Davis, California: Babbitt interview.
- p. 4 as close as they are now: *Competitor*, cover image by David Epperson, October 1989.
- p. 5 now near completing: *ABC Sports 1989 Ironman* television broadcast.
- p. 5 a one-time opportunist: Scott Molina, personal telephone interview, July 2010.
- p. 6 weaken him as a competitor: *ABC Sports 1983 Ironman* television broadcast.
- p. 6 not even good for you: Babbitt interview.
- p. 6 seated in adjacent chairs: *ibid.*
- p. 6 weak in any moment: "The Iron War: Mark Allen and Dave Scott," <http://www.youtube.com/watch?v=zOVGVMiwPSA>.

CHAPTER 2: A DROP TOO MUCH

- p. 9 on his three-speed bike: Dave Scott, personal telephone interview, January 2011.
- p. 9 five and a half miles away: *ibid.*
- p. 10 fair and square: *ibid.*
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- p. 10 *Ozzie and Harriet*: Liz Barrett and William R. Katovsky, "It's Lonely at the Top: An Interview with Dave Scott," *Triathlete*, May 1984, pp. 34-43.
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- p. 11 performance of those chores: Dave Scott, 2011 USA Triathlon Hall of Fame induction speech.
- p. 11 constituted his exercise: Walker interview.
- p. 11 too much perfume: Scott, 2011 USA Triathlon Hall of Fame induction speech.
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- p. 13 practicing and competing were done: Dave Scott interview.
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- p. 13 personality would change: *ibid*.
- p. 13 the freedom to move: *ibid*.
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- p. 15 a form of osmosis: Mark Roberts, personal telephone interview, November 2010.
- p. 15 wood-paneled weight room: Kirk Hamilton, personal telephone interview, July 2010.
- p. 15 backing away: Craig Wilson, personal telephone interview, November 2010.
- p. 15 ice cream for dessert: Scott, *Dave Scott’s Triathlon Training*.
- p. 15 in one sitting: *ibid*.
- p. 16 table for two hours: Roberts interview.
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- p. 18 invited her brother to join her: Endurance Planet, “Hall of Fame Series—Verne Scott.”
- p. 18 Buck barked: *ibid*.
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- p. 20 You could win it: *ibid*.
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- p. 20 more experienced than he was: Dave Scott on Competitor Radio.

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- p. 20 dusting everyone: Dave Scott on Competitor Radio.
- p. 21 Dave threw a fit: *ibid.*
- p. 21 yelling at her some more: Scott, *Dave Scott's Triathlon Training*.
- p. 21 with which he shared it: Dave Scott on Competitor Radio.
- p. 21 anyone had done it yet: *ibid.*
- p. 22 across the United States: Dave McGillivray, personal conversation, April 2011.
- p. 22 a microphone in his face: McAlpine, unpublished article.
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- p. 23 blow by him any minute: Los Angeles Triathlon Club, *A Night with Dave Scott and Mark Allen*.
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- p. 24 the right of way: Dave Scott on Competitor Radio.
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- p. 24 the woman said: *ABC Sports* 1980 Ironman television broadcast.
- p. 24 fast-thinking Pat Feeney: Dave Scott on Competitor Radio.
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CHAPTER 3: GET A GRIP

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- p. 35 his inscrutability: Eric Bunje, personal telephone interview, July 2010.
- p. 35 Mark Allen shared: *ibid.*
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- p. 36 woman in her mid-20s: Carole Allen interview.
- p. 37 lays it on thick, doesn't he: *ibid.*
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- p. 118 Tinley between them: Roberts interview.
- p. 118 at Mark's table: *ibid.*
- p. 119 remembered as a legend: Tim McDonald, "The Other Dave Scott," *Triathlon*, May 1984, pp. 52-53, 92-93.
- p. 119 in different environments: Molina interview.
- p. 119 his energy aura: *ibid.*
- p. 119 awkwardness) and brief: Roberts interview.
- p. 120 his race packet: *ibid.*
- p. 120 a pint of blood: Graves interview.
- p. 120 support on race day: Anna Scott interview.
- p. 120 Ryan," Dave said: *ibid.*
- p. 121 back out on the course: *ibid.*
- p. 121 to those details: Los Angeles Triathlon Club, *A Night with Dave Scott and Mark Allen*. Dave Scott does not recall the exact words of this conversation.
- p. 122 made a sizzling sound: *Triathlete*, January 1988. This incident actually happened before the 1987 Ironman, but I took the liberty of moving it because Tinley always did something to make people laugh at the pro meeting, and there are no surviving accounts of his antics at the 1989 meeting.
- p. 122 important race rules: Gerry Rott, personal telephone interview, January 2010.
- p. 122 aid from race watchers: Brian Hughes, personal telephone interview, March 2011.
- p. 122 egg on his face: *ibid.*
- p. 122 the Kona Surf Hotel: Rott interview.
- p. 123 a.k.a. the Mad Triathlete: John Boyer, personal telephone interview, December 2010. Boyer does not recall the exact timing of this occurrence or the precise wording of the conversation.

- p. 123 six-minutes-per-mile pace: Walker, “Dave Scott Interview.”
- p. 123 the previous day: Moss interview.
- p. 124 embody pure peace: Brant Secunda and Mark Allen, “Fit Soul–Fit Body: 9 Keys to a Healthier, Happier You,” Living Dialogues podcast series, episodes 89 and 90, personallifemedia.com, <http://personallifemedia.com/podcasts/212-living-dialogues/episodes/33806-brant-secunda-huichol-shaman-healer-mark>. Courtesy of Personal Life Media.
- p. 124 mutual loathing: Reganold interview.
- p. 124 certainly possible: *ibid*.
- p. 125 he had been already: Mike Reilly, personal telephone interview, November 2010.
- p. 125 of the King Kam: 1989 Bud Light Ironman official program.
- p. 125 *before Dave came to town*: Lyrics courtesy of John Boyer.
- p. 125 drunk Australian athletes: Boyer interview.
- p. 126 1,284 other bikes: Debbie Baker, personal telephone interview, December 2010.
- p. 126 he didn’t like it: Dan Rock, personal interview, Solana Beach, CA, January 2011.
- p. 126 really a Kestrel: *ibid*.
- p. 126 every gear change: Aaron Hersh, commissioned research.
- p. 127 to visit a friend: Jim Curl, personal telephone interview, February 2011. Curl does not recall the exact timing of this occurrence.
- p. 127 everything in sight: *ibid*.
- p. 127 Kanaloa with Julie: Moss interview.
- p. 128 Lagoon at home: Mark Allen on Competitor Radio, <http://competitorradio.competitor.com/tag/mark-allen>.
- p. 128 true destination anyway: *ibid*.
- p. 128 to make offerings: plaque at Kuemanu Heiau, courtesy Department of Parks and Recreation, County of Hawaii.
- p. 129 I’ve been missing: John Brant, “Mark Allen, Astral Jock,” *Outside*, March 1991.
- p. 129 have to be brave: *ibid*.
- p. 129 Mike said, believing it: Rubano interview.

CHAPTER 7: IRON WILL

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- p. 134 strong, well-trained athletes: S. M. Marcora and W. Staiano, “The Limit to Exercise Tolerance in Humans: Mind over Muscle?” *European Journal of Applied Physiology* 109, 4 (July 2010): 763–770.
- p. 135 began to falter: Sharon Robb, “Mike Pigg Wins USTS Championship, Points Title,” *South Florida Sun Sentinel*, November 13, 1988, http://articles.sun-sentinel.com/1988-11-13/news/8803060846_1_bike-race-mike-pigg-mark-allen.
- p. 135 Yet he did: Gary Newkirk, “Hilton Head: The End of THE Trail,” *Triathlete*, February 1989, pp. 30–37, 63.
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- p. 143 work through it: William R. Katovsky, “A Champion Thoroughbred,” *Triathlete*, September 1984, pp. 48-55.
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- p. 143 his fastest efforts: Kenny Moore, “Big Splash in Hawaii,” *Sports Illustrated*, October 23, 1989.
- p. 143 as he spoke these words: *ibid.*
- p. 144 and then *explode*: John Brant, “Mark Allen, Astral Jock,” *Outside*, March 1991.
- p. 144 feeling really strong: Mike Plant, “Mark Allen,” *Triathlon*, July 1985, pp. 34-38.
- p. 145 circles, waiting, gloating: Mark Allen on Competitor Radio, <http://competitorradio.competitor.com/tag/mark-allen>.
- p. 145 as a young boy: Dave Scott, *Dave Scott’s Triathlon Training* (New York: Fireside, 1986).
- p. 146 Dave loved it: Dave Scott, 2011 USA Triathlon Hall of Fame induction speech.
- p. 146 as everyone else is: Babbitt, “Legend of the Fall.”
- p. 147 that hurt them: Dr. John Deri, “Fit Soul, Fit Body,” Healthy Mind and Body podcast, <http://www.blogtalkradio.com/healthy-mind-body/2011/05/12/fit-soul-fit-body>.
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- p. 148 he won’t forget it: Phil Maffetone, personal telephone interview, January 2010.
- p. 148 horsepower, escaped: Julie Moss, personal telephone interview, September 2010.

CHAPTER 8: SHOT OUT OF A CANNON

- p. 151 the alarm sounds: Dave Scott, personal telephone interview, January 2011.
- p. 151 uninterrupted slumber: Anna Scott, personal telephone interview, November 2010.
- p. 151 until the race starts: John Reganold, personal interview, July 2010.
- p. 152 a third banana: Dave Scott, *Dave Scott’s Triathlon Training* (New York: Fireside, 1986).
- p. 152 see what he can do: Anna Scott interview.
- p. 152 Jane from next door: Reganold interview.
- p. 152 Pat says: Reganold interview.
- p. 152 stiffness of sleep: Dave Scott interview.
- p. 153 tower on Ali’i Drive: Mike Plant, personal interview, San Marcos, CA, November 2010.
- p. 153 seven a.m. this morning: *ABC Sports* 1989 Ironman television broadcast.
- p. 153 to watch the start: Plant interview.
- p. 153 during the night: Scott Molina, personal telephone interview, July 2010.
- p. 153 and attacking him: John Brant, “Mark Allen, Astral Jock,” *Outside*, March 1991.
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- p. 154 his stuff together: Julie Moss, personal telephone interview, September 2010.

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- p. 154 *worst morning of my life*: *ibid.*
- p. 154 he's weeping: Rob Mackle, personal telephone interview, November 2010.
- p. 154 quietly admitted: Mike Rubano, personal telephone interview, October 2010.
- p. 154 and Brian Hughes arrive: Charlie Graves, personal telephone interview, October 2010.
- p. 155 to catch the start: Rubano interview.
- p. 155 slap in the face: Mark Allen on Competitor Radio, <http://competitorradio.competitor.com/tag/mark-allen>.
- p. 155 local dive shop: Plant interview.
- p. 156 more up-tempo: *ABC Sports* 1989 Ironman television broadcast.
- p. 156 triathlon racing suits: *ibid.*
- p. 156 get ready to go: CJ Olivares Jr., "The Art of War," *Triathlete*, January 1990, pp. 24-37.
- p. 156 written on that spot: "Bud Light Ironman Triathlon World Championship XI: Race Results, October 14, 1989," Ironman.com, <http://ironman.com/events/ironman/world-championship/?show=results#axzz1UeKPUh1o>.
- p. 156 X of her own: Moss interview.
- p. 156 hug and separate: *ibid.*
- p. 157 too many times: *ibid.*
- p. 157 It's working: Mark Allen on Competitor Radio.
- p. 157 with black accents: *ABC Sports* 1989 Ironman television broadcast.
- p. 157 in their cages: Graves interview.
- p. 157 and during the race: Gary Allen, personal telephone interview, January 2011.
- p. 157 I have a feeling: Carole Allen, personal telephone interview, February 2011.
- p. 158 with her free hand: *ibid.*
- p. 158 a few hours later: *ibid.*
- p. 158 without protest: Dave Scott interview.
- p. 158 to dethrone you: Donna de Varona, Facebook correspondence, March 2011.
- p. 158 thing he's ever done: *ABC Sports* 1989 Ironman television broadcast.
- p. 159 a low chuckle: Reganold interview.
- p. 159 in the King Kam: Anna Scott interview.
- p. 159 I love you: *ibid.*
- p. 159 into the bay there: Dave Scott interview.
- p. 159 out of the gate: Stephen Walker, "Dave Scott Interview," *Podium Sports Journal*, July 1, 2007, <http://www.podiumsportsjournal.com/2007/07/01/dave-scott-interview>.
- p. 159 alone, head down: Mike Reilly, personal telephone interview, November 2010.
- p. 160 Thanks: *ibid.*
- p. 160 over the loudspeakers: Plant interview.
- p. 161 no countdown: *ibid.*
- p. 161 admonitions over the loudspeakers: *ibid.*
- p. 161 bite someone: *ABC Sports* 1989 Ironman television broadcast.
- p. 161 national anthem is sung: Reilly interview.
- p. 161 they're on board: Olivares, "The Art of War."
- p. 161 from the pier: Chris Hinshaw, personal telephone interview, January 2011.
- p. 161 easy to find: Olivares, "The Art of War."
- p. 161 going to beat you: Los Angeles Triathlon Club, *A Night with Dave Scott and Mark Allen*, 2002, videotape courtesy of Bob Babbitt.
- p. 161: Good luck, Dave: *ibid.*
- p. 161 behind the cannon: Debbie Baker, personal telephone interview, December 2010.
- p. 162 be somewhere else: Mike Reilly, e-mail correspondence, November 2010.

- p. 162 idly on his lap: Gary Newkirk, personal telephone interview, December 2010.
- p. 162 swim over him: Olivares, "The Art of War."
- p. 163 off the front: *ABC Sports* 1989 Ironman television broadcast.
- p. 163 calling it a day: Scott Tinley, *Triathlon: A Personal History* (Boulder, CO: VeloPress, 1998).
- p. 163 very much a race: *ABC Sports* 1989 Ironman television broadcast.
- p. 164 *end well for you*: Walker, "Dave Scott Interview."
- p. 164 Beast of the East: Ken McAlpine, "The Beast from the East," *Triathlete*, May 1989, pp. 70-73.
- p. 164 matter of minutes: Olivares, "The Art of War."
- p. 164 swim exit ramp: "Bud Light Ironman Triathlon World Championship XI: Race Results, October 14, 1989."
- p. 164 at other vendors: Newkirk interview.
- p. 164 beyond the pier: Hinshaw interview.
- p. 165 virtually a mirror: Tracy Frankel photograph, "A bird's-eye view of the Ironman's 2.4-mile swim," *Triathlete*, January 1990, p. 26.
- p. 165 first Ironman in 1987: "Bud Light Ironman Triathlon World Championship IX: Race Results, October 10, 1987," Ironman.com, http://ironman.com/events/ironman/world_championship/?show=results#axzz1UeKPUh1o.
- p. 165 that cooperation: Wolfgang Dittrich, personal telephone interview, November 2010.
- p. 165 chore of sighting: *ibid*.
- p. 165 each man's head: *ABC Sports* 1989 Ironman television broadcast.
- p. 165 even give up: Dittrich interview.
- p. 166 reaches the finish line: "Bud Light Ironman Triathlon World Championship XI: Race Results, October 14, 1989."
- p. 166 figured it out sooner: Greg Kirkpatrick, "Ironman Canada-1998," *ontherunevents.com*, <http://www.ontherunevents.com/news/0054.sht>.
- p. 166 in today's race: Patrick Bateman, personal telephone interview, December 2010.
- p. 166 a few weeks ago: Hinshaw interview.
- p. 166 positions on the bike: "Bud Light Ironman Triathlon World Championship XI: Race Results, October 14, 1989."
- p. 166 to touch his rival: *ABC Sports* 1989 Ironman television broadcast.
- p. 166 he's still there: Los Angeles Triathlon Club, *A Night with Dave Scott and Mark Allen*.
- p. 167 back to shore: Plant interview.
- p. 167 behind Dave's group: *ABC Sports* 1989 Ironman television broadcast.
- p. 167 anything flamboyant: Bob Babbitt, "IronWar!" *Competitor*, December 1989, pp. 8-10, 33.
- p. 168 Sharon Allen, alone: Graves interview.
- p. 168 as a single group: Reganold interview.
- p. 168 visible at some distance: Scott, *Dave Scott's Triathlon Training*.
- p. 168 the final strokes: *ABC Sports* 1989 Ironman television broadcast.
- p. 169 like a knapsack: *ibid*.
- p. 169 of a second later: "Bud Light Ironman Triathlon World Championship XI: Race Results, October 14, 1989."
- p. 169 spontaneously burst: Gary Allen interview.
- p. 169 sense of urgency: *ibid*.
- p. 169 a grizzly bear: *ABC Sports* Ironman television broadcast.
- p. 170 vanguard of the group: "Bud Light Ironman Triathlon World Championship XI: Race Results, October 14, 1989."

- p. 170 an errant elbow: Mark Roberts, personal telephone interview, November 2010.
p. 170 behind Dave: Gary Allen interview.

CHAPTER 9: BURNING MATCHES

- p. 171 the transition area: Dave Scott, e-mail correspondence, July 2011.
p. 171 right behind him: *ABC Sports* 1989 Ironman television broadcast.
p. 171 long metal racks: *ibid.*
p. 172 ahead of him: *ibid.*
p. 172 short-course speed: Dave Scott, personal telephone interview, January 2011.
p. 172 ball of the foot: *ABC Sports* 1989 Ironman television broadcast.
p. 173 of the Netherlands: Rob Barel, e-mail correspondence, February 2011.
p. 173 winner Ray Browning: Ray Browning, personal telephone interview, January 2011.
p. 173 stomping on his pedals: Dirk Aschmoneit, personal telephone interview, March 2011.
p. 174 *la folie*, he thinks: Yves Cordier, e-mail correspondence, March 2011.
p. 174 the caboose: Chris Hinshaw, personal telephone interview, January 2011.
p. 174 smelled, from the road: Patrick Bateman, personal telephone interview, January 2010.
p. 175 from his bottle: Mike Pigg, personal telephone interview, November 2010.
p. 175 at Duke University: Scott Molina, personal telephone interview, July 2010.
p. 175 jersey pocket: Dave Scott, *Dave Scott's Triathlon Training* (New York: Fireside, 1986).
p. 175 away from Rob: Wolfgang Dittrich, personal telephone interview, November 2010.
p. 175 his ideal rhythm: *ibid.*
p. 175 the German drift ahead: Rob Mackle, personal telephone interview, November 2010.
p. 175 down his gullet: Dittrich interview.
p. 175 document his exploits: *ibid.*
pp. 175-176 other Ironman officials: Mike Reilly, personal telephone interview, November 2010.
p. 176 3:00 at the start: Dave Scott on Competitor Radio, <http://competitorradio.competitor.com/tag/dave-scott>.
p. 176 antidrafting rules require: 1989 Bud Light Ironman official program.
p. 176 rather not inhale: CJ Olivares Jr., "The Art of War," *Triathlete*, January 1990, pp. 24-37.
p. 176 he is praying: Kenny Moore, "Big Splash in Hawaii," *Sports Illustrated*, October 23, 1989.
p. 177 and Pat Feeney: Anna Scott, personal telephone interview, November 2010.
p. 177 in their Jeep: Charlie Graves, personal telephone interview, October 2010.
p. 177 Waikoloa Beach instead: Brian Hughes, personal telephone interview, March 2011.
p. 177 three-wheel bicycle: *ABC Sports* 1989 Ironman television broadcast.
p. 177 rest of his life: Dick Hoyt, personal telephone interview, January 2011.
p. 177 to deal with it: *ABC Sports* 1989 Ironman television broadcast.
p. 178 disappeared," he said: Hoyt interview.
p. 178 without him, anyway: *ibid.*
p. 178 from his son's penis: Sam Nall, *It's Only a Mountain: Dick and Rick Hoyt, Men of Iron* (St. Petersburg, FL: Southern Heritage Press, 2002).
p. 179 pull alongside him: Dittrich interview.
p. 179 than to say them: *ibid.*
p. 179 climb toward Hawi: Cordier e-mail correspondence.

- p. 179 not going fast enough: Dan Rock, personal interview, Solana Beach, CA, January 2011.
- p. 180 he was doomed: Hinshaw interview.
- p. 180 John cheers: John Reganold, personal interview, July 2010.
- p. 180 he calls: Dave Scott interview.
- p. 181 from the rim: Chris Lieto, *TriCenter*, courtesy competitorvt.com.
- p. 181 an open window: *ABC Sports* 1989 Ironman television broadcast.
- p. 181 We will see: *ibid*.
- p. 182 would be in trouble: Mackle interview.
- p. 182 can't see his face: "Iron War Uncut: Dave Scott and Mark Allen," <http://www.youtube.com/watch?v=WTeoBJRzUlo>.
- p. 182 good for business: personal conversations with Hawi proprietors.
- p. 183 the portable toilets: *ABC Sports* 1989 Ironman television broadcast.
- p. 183 memory of convenience: Dittrich interview.
- p. 183 nearly double it: *ABC Sports* 1989 Ironman television broadcast.
- p. 183 a fruit smoothie: Mackle interview.
- p. 184 bathroom opportunities: Pigg interview.
- p. 184 punches the accelerator: Olivares, "The Art of War."
- p. 184 on the descent from Hawi: Ken Glah, personal telephone interview, December 2010.
- p. 184 margin in check: Olivares, "The Art of War."
- p. 185 keep it upright: CJ Olivares, personal telephone interview, October 2010.
- p. 185 break her neck: *ABC Sports* 1989 Ironman television broadcast.
- p. 185 coming down again: Dave Scott on Competitor Radio.
- p. 185 known as the Beast: Harald Johnson, "Beauty and the Beast," *Triathlete*, July 1988, pp. 24-29.
- p. 185 front of the train: Pigg interview.
- p. 186 they will finish: *ABC Sports* 1989 Ironman television broadcast.
- p. 186 gap: "Three minutes!": Dave Scott on Competitor Radio.
- p. 187 grade of 7 percent: Mapmyride.com, <http://www.mapmyride.com/s/routes/view/bike-ride-map/hawaii/kona/1130454>.
- p. 187 saddle and launches: Dave Scott interview.
- p. 187 and vomits: Olivares, "The Art of War."
- p. 187 in his low back: Mackle interview.
- p. 187 He does: Dave Scott interview.
- p. 188 *Here we go*: Olivares interview.
- p. 188 his low back hurts: Babbit, "Kona Countdown: Dave Scott."
- p. 188 Mark lowers his head: "Iron War Uncut: Dave Scott and Mark Allen."
- p. 188 started to struggle: Dittrich interview.
- p. 188 into Wolfgang's face: *ibid*.
- p. 188 intensity just a bit: Dave Scott interview.
- p. 188 behind Dave and Mark: Pigg interview.
- p. 188 last of the five: Olivares, "The Art of War."
- p. 189 everyone goes berserk: Reilly interview.
- p. 189 lounge chair: Los Angeles Triathlon Club, *A Night with Dave Scott and Mark Allen*, October 5, 2002, videotape courtesy of Bob Babbitt.
- p. 190 into the run: *ibid*.
- p. 190 rest of the way: Dittrich interview.
- p. 190 race time: 5:27:17: *ABC Sports* 1989 Ironman television broadcast.
- p. 190 stage finish: Mike Plant, personal interview, San Marcos, CA, November 2010.

- p. 190 one minute fifty-one seconds later: “Bud Light Ironman Triathlon World Championship XI: Race Results, October 14, 1989,” Ironman.com, <http://ironman.com/events/ironman/worldchampionship/?show=results#axzz1UeKPUh1o>.
- p. 190 split is 4:37:53: *ibid*.
- p. 190 after Rob: *ibid*.
- p. 190 feel what’s coming: Plant interview.

CHAPTER 10: VISION QUEST

- p. 191 wear for the run: Mark Allen on Competitor Radio, <http://competitorradio.competitor.com/tag/mark-allen>.
- p. 191 the island day: *ABC Sports* 1989 Ironman television broadcast.
- p. 192 only he knows: Mike Plant, *Iron Will: The Triathlete’s Ultimate Challenge* (Boulder, CO: VeloPress, 1999).
- p. 192 hauling after him: *ABC Sports* 1989 Ironman television broadcast.
- p. 192 Ironman bike leg: CJ Olivares Jr., “The Art of War,” *Triathlete*, January 1990, pp. 24-37.
- p. 192 early run pace: *ibid*.
- p. 193 as the runners pass: John Reganold, personal interview, July 2010.
- p. 193 as a spotter: Mike Plant, personal interview, San Marcos, CA, November 2010.
- p. 193 and John Martin: Brian Hughes, personal telephone interview, March 2011.
- p. 193 and Mike Norton: Reganold interview.
- p. 193 first mile: 5:55: Mike Plant, e-mail correspondence, February 2011.
- p. 193 hushed by the report: Plant interview.
- p. 194 surge to catch Dave: Dave Scott on Competitor Radio, <http://competitorradio.competitor.com/tag/dave-scott>.
- p. 194 decarbonated Coca-Cola: *ABC Sports* 1989 Ironman television broadcast.
- p. 194 four and five apiece: *ibid*.
- p. 195 hands on mouths: Reganold interview.
- p. 195 lawn chair earlier: Los Angeles Triathlon Club, *A Night with Dave Scott and Mark Allen*, October 5, 2002, videotape courtesy of Bob Babbitt.
- p. 195 ten seconds to do: *ibid*.
- p. 196 *take him with me*: “Iron War Uncut: Dave Scott and Mark Allen,” <http://www.youtube.com/watch?v=WTeoBJRzUlo>.
- p. 196 stations on Ali’i Drive: *ibid*.
- p. 196 the coming pass: Olivares, “The Art of War.”
- p. 196 less than four miles: Lars Finanger, “Wolfgang Dittrich—The Rabbit,” http://www.slowlitch.com/Interview/Wolfgang_Dittrich_-_the_rabbit_587.html.
- p. 196 Man, oh, man: Mike Plant, personal interview.
- p. 196 history in the making: Bob Babbitt, personal interview, San Diego, CA, 2010.
- p. 197 into Mark’s mind: Olivares, “The Art of War.”
- p. 197 sole of his shoe: T. J. Murphy, “Shamanism and the Art of Triathlon,” *Triathlete*, August 1999.
- p. 197 at a parade: Anna Scott, personal telephone interview, November 2010.
- p. 197 he jokes: Los Angeles Triathlon Club, *A Night with Dave Scott and Mark Allen*.
- p. 198 Paula Newby-Fraser: “Bud Light Ironman Triathlon World Championship XI: Race Results, October 14, 1989,” Ironman.com, <http://ironman.com/events/ironman/worldchampionship/?show=results#axzz1UeKPUh1o>.
- p. 198 point in the race: Julie Moss, personal telephone interview, September 2010.
- p. 198 race for the ages: Mike Reilly, personal telephone interview, November 2010.

- p. 198 the final straight: *ibid*.
- p. 198 for third place: Ken Glah, personal telephone interview, December 2010.
- p. 198 transition. 58:24: Los Angeles Triathlon Club, *A Night with Dave Scott and Mark Allen*.
- p. 199 behind them is running: Lew Kidder, "Bud Light Ironman World Championship," *Triathlon Today*, November 1989.
- p. 199 toward the coast: *ABC Sports* 1989 Ironman television broadcast.
- p. 199 fail to finish: "Bud Light Ironman Triathlon World Championship XI: Race Results, October 14, 1989," Ironman.com, <http://ironman.com/events/ironman/worldchampionship/?show=results#axzz1UeKPUh1o>.
- p. 199 before the race: Sharron Ackles, personal telephone interview, 1999.
- p. 200 at this one: Olivares, "The Art of War."
- p. 200 into this aid station: Dave Scott on Competitor Radio.
- p. 200 increasingly uncomfortable: Brant Secunda and Mark Allen, "Fit Soul—Fit Body: 9 Keys to a Healthier, Happier You," Living Dialogues podcast series, episodes 89 and 90, personallifemedia.com, <http://personallifemedia.com/podcasts/212-living-dialogues/episodes/33806-brant-secunda-huichol-shaman-healer-mark>. Courtesy of Personal Life Media.
- p. 201 feels like a wall: Olivares, "The Art of War."
- p. 201 never *win this race*: Mark Allen, personal telephone interview, 2004.
- p. 201 two days ago: Los Angeles Triathlon Club, *A Night with Dave Scott and Mark Allen*.
- p. 201 his peripheral vision: Murphy, "Shamanism and the Art of Triathlon."
- p. 202 *more to life*: Allen interview.
- p. 202 into his spirit: Secunda and Allen, "Fit Soul—Fit Body."
- p. 202 his station wagon: Mike Adamle, personal telephone interview, December 2010.
- p. 202 of the bike leg: John Boyer, personal telephone interview, December 2010.
- p. 203 point in the race: Los Angeles Triathlon Club, *A Night with Dave Scott and Mark Allen*.
- p. 203 visible to onlookers: Bob Babbitt, personal conversations, June 2010–May 2011.
- p. 203 eighteen in 5:40: Plant interview.
- p. 203 behind the gladiators: Babbitt conversations.
- p. 204 Exceed and Coke: Photo by Gary Newkirk, *Triathlete*, January 1990, pp. 24–25.
- p. 204 bib is missing: *ibid*.
- p. 204 can barely watch: Mike Rubano, personal telephone interview, October 2010.
- p. 204 memory of the day: Ken Glah, personal telephone interview, December 2010.
- p. 204 completed descent: Olivares, "The Art of War."
- p. 205 helicopter hanging above: Moss interview.
- p. 205 *What will happen*: *ibid*.
- p. 205 *It's too important*: *ibid*.
- p. 206 Hop on: *ibid*.
- p. 206 You can do it: *ABC Sports* 1989 Ironman television broadcast.
- p. 206 into his palm: Dave Scott, personal telephone interview, January 2011.
- p. 206 behind Grip: Olivares, "The Art of War."
- p. 206 zapped his legs: Dave Scott on Competitor Radio.
- p. 206 making the catch: Olivares, "The Art of War."
- p. 206 Crush him: Mike Norton, personal telephone interview, July 2010.
- p. 207 answers in his mind: Dave Scott interview.
- p. 207 boarding of the truck: Moss interview.
- p. 207 on this hill: Kenny Moore, "Big Splash in Hawaii," *Sports Illustrated*, October 23, 1989.

- p. 207 this moment: 7:58:02: Kidder, “Bud Light Ironman World Championship.”
- p. 207 *Go now!*: Mathias Müller with Timothy Carlson, *17 Hours to Glory: Extraordinary Stories from the Heart of Triathlon* (Boulder, CO: VeloPress, 2010).
- p. 207 rival is struggling: *ABC Sports* 1989 Ironman television broadcast.
- p. 208 disjointed stilts: *ibid.*
- p. 208 Julie shouts: Moore, “Big Splash in Hawaii.”
- p. 208 Dave will be on him: *ibid.*
- p. 208 the present hill: Olivares, “The Art of War.”
- p. 208 top of the hill: John Brant, “Dave Scott, Mere Mortal,” *Outside*, October 1992, <http://www.outsideonline.com/outdoor-adventure/Dave-Scott--Mere-Mortal.html>.
- p. 208 along the Queen K: Los Angeles Triathlon Club, *A Night with Dave Scott and Mark Allen*.
- p. 208 flies down Pay-’n’-Save Hill: *ibid.*
- p. 208 shouting, “Yes”: Moore, “Big Splash in Hawaii.”
- p. 208 give it to you: Hughes interview.
- p. 209 Mark, you won: *ibid.*
- p. 209 for four minutes: Plant interview.
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EPILOGUE

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KEY

★ RACE START & FINISH

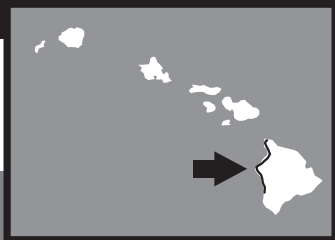
T1 swim-to-bike transition

T2 bike-to-run transition

SWIM

BIKE

RUN



Mauna Kea
13,796 ft.

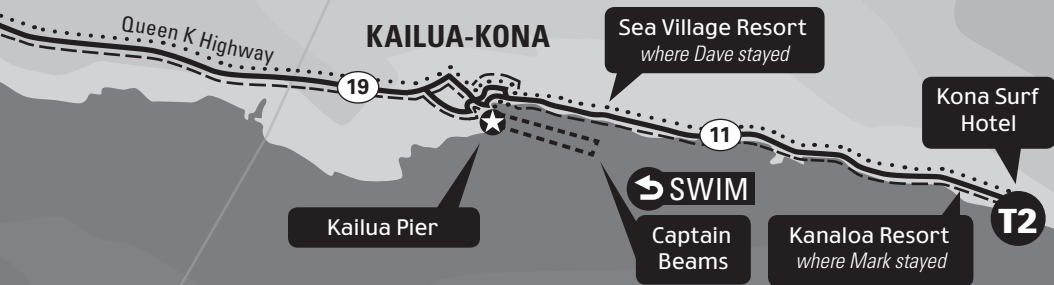
Mauna Loa
13,677 ft.

Swim: Counterclockwise, Kailua Pier to Captain Beams party boat and back to the pier.

Bike: Up Palani Road to Queen Kaahumanu Highway, 33 miles through the lava fields to Highway 270, and on up to Hawi (52 miles). Returning the same way until Kawi Street (99 miles) and onto Kuakini Highway. Right onto Hualalai Road, and south on Ali'i Drive. Then 7 miles along the coast to Ehukai Street, and into the Kona Surf Hotel parking lot.

Run: Heading back along the same route to top of Palani Road (8 miles), and then 8 miles on the Queen K to the marathon turnaround. Retracing the route back to Hot Corner, and then right to the homestretch along Ali'i Drive to the finish.

Lava fields



STATS

140.6 miles—2.4 mile SWIM, 112 mile BIKE, 26.2 mile RUN

Weather

High 88°F (31°C)
Low 72°F (22°C)

Humidity

High 85% (evening)
Low 40% (afternoon)

Avg. Water Temp. 79°F (26°C)

Sunrise 6:15 a.m.
Sunset 5:58 p.m.

The Ironman racecourse has been modified a few times since 1989, but most of it still takes place on the Queen K Highway and Ali'i Drive.



IRON WAR TIMELINE

Ironman® World Championship and Biographical Events

KEY TO RACE CHART



DAVE SCOTT

6-TIME WORLD CHAMPION



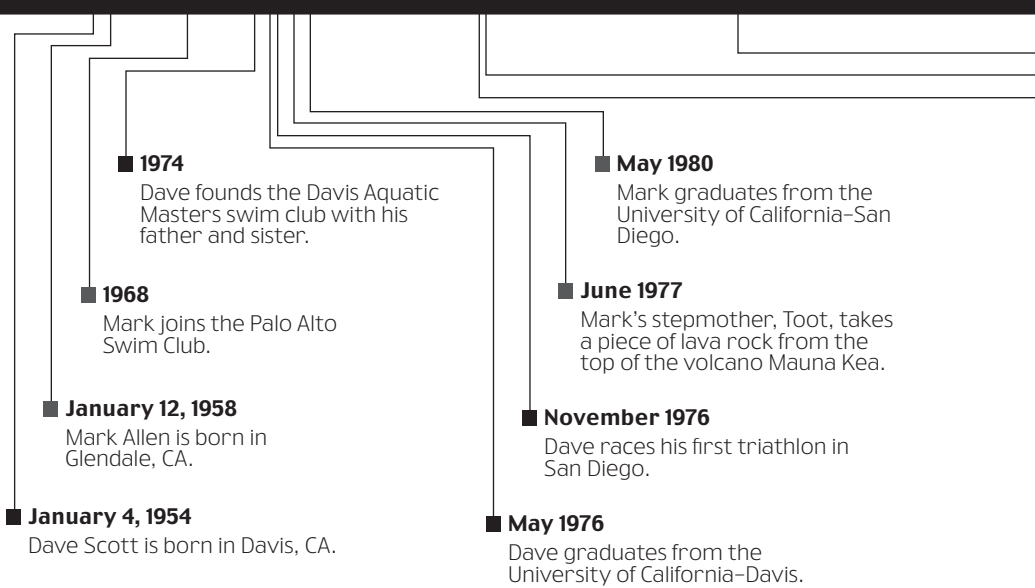
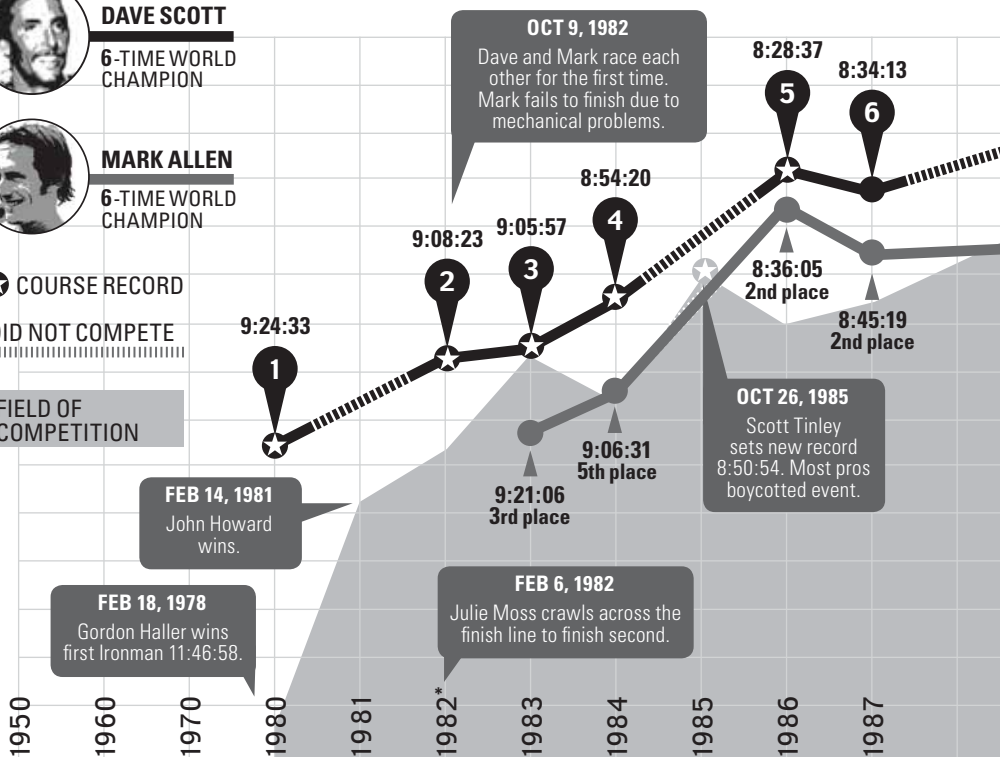
MARK ALLEN

6-TIME WORLD CHAMPION

★ COURSE RECORD

..... DID NOT COMPETE

FIELD OF COMPETITION



* Note: In 1982 two editions of the Ironman World Championship were held.

ACKNOWLEDGMENTS

THE INSPIRATION TO WRITE THIS BOOK came from my father. Also a writer, Tom Fitzgerald started work in 2002 on an epic fable about Benjamin Franklin. At the outset, he anticipated that it would take him about a year to complete it. One year turned into two, two became three, four, and more, and still he was not satisfied. Tom held the manuscript close to his vest through this long incubation. Finally, after six years, he decided that *Poor Richard's Lament* was ready to be shared with a small number of critical readers, among whom I was lucky to be included.

I expected it to be good. I did not expect to discover that my own father had written one of the best novels I'd ever read (and I read a lot of them). I had known, of course, that he was a capable writer. I'd just had no idea he was capable of such unalloyed brilliance. Nor had he. The book showed me what is possible when a man of mortal gifts makes a total commitment to doing the very best he can. No sooner had I read the last page of *Poor Richard's Lament* than I began to search for my own way of giving 100 percent.

The debt of gratitude that I owe my dad for his contributions to this book begins with the mentoring he offered when I was 9 years old, after I told him I wanted to be a writer too, and does not end with his ardent championing of my most challenging project all the way to the printer more than thirty years later. But I am most grateful to him simply for achieving something great on his own and inspiring me to try to do the same.

The first thing I did after deciding to write this book was to walk fifteen feet from my desk to Bob Babbitt's office at the Competitor Group building in San Diego and ask for his help. Bob had given Iron War its name, after all, and had done more than anyone to build and sustain the legend of the greatest race ever run. He was the unofficial curator of the Iron War Museum, if you will. An eyewitness to the race who was close enough to both of its heroes to have ghostwritten two books for one and served as an agent to the other, Bob knew more about the 1989 Ironman, Dave Scott, and Mark

Allen than anyone, and infinitely more than I did. I would need him on my team to make my telling of the story all it could be.

Bob provided invaluable help in the form of stories and memories; relationships and contacts; and cold, hard documentation of the race, the rivalry, and the lives of the rivals. Beyond that, working with Bob made the project immeasurably more fun and fulfilling for me than it otherwise would have been.

Iron War is unlike anything else I've written. Put another way, I had no idea how to write this kind of book when I started it, and my unpreparedness showed in my early drafts. Every writer needs a good editor, but I needed a *great* editor to avoid disappointing myself, and I was extremely fortunate to have such an editor in Renee Jardine at VeloPress. It would have taken years of fumbling along on my own to get the manuscript to where Renee quickly brought it with her incisive critical readings and spot-on suggestions. What's more, although her name does not appear on the cover, Renee dedicated herself to the book as fully as if it were her own. As a result, it is very much hers too.

Nearly every person whose name is to be found in this volume granted me one or more personal interviews. I am profoundly grateful to all of these men and women for so generously sharing their time and recollections. Scott Molina, Julie Moss, Mike Plant, Anna Scott, and Dave Scott deserve special mention. Others whose names are not seen in these pages made contributions that were no less valuable and are no less appreciated. I am especially thankful to Ted Costantino, Jaime Gamboa, Steve Gintowt, Linda Konner, Connie Oehring, and Dave Trendler for their efforts and support.

ABOUT THE AUTHOR

As a boy in New Hampshire **MATT FITZGERALD** watched ABC's coverage of Ironman every year throughout the 1980s. He was already a competitive runner, having started at age 11 after running the last mile of the 1983 Boston Marathon with his father (who of course had run the whole thing). Partial to underdogs, Matt rooted for Mark Allen.

In 1995, Matt was hired as an editor at Sausalito, California-based *Multisport* magazine by Bill Katovsky, who twelve years earlier had founded *Triathlete* magazine. Bill chose Matt over the only other candidate for the position because Matt knew who Dave Scott was, and the other candidate did not. Several months later Matt met Mark Allen at the Competitor Sports Awards in San Diego, where Mark was named Triathlete of the Year. Matt gushed like a schoolgirl in the presence of his childhood idol.

Matt's first contact with Dave Scott was equally awkward. He was working at *Triathlete* in 1998 when he carelessly described Dave as a "five-time Ironman champion" in an article. Dave later called Matt and gently corrected his error.

In 2003 Matt's first book, a triathlon training guide, was published. Mark Allen contributed the foreword. By then Matt also had a professional relationship with Dave Scott, who was sponsored by a sports nutrition company that Matt served as a consultant. Matt enjoyed the opportunity to ask Dave every question he'd ever dreamed of asking him as the two of them killed time in a few trade-show booths. It was this experience, which left him as great an admirer of the Man as he'd ever been of Grip, that gave Matt the idea to write the story of Dave Scott and Mark Allen's greatest race.

Matt currently lives in San Diego with his wife, Nataki, whom he admires most of all.



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® 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 world-record pace for a grueling 139 miles. After 8 punishing hours, the margin of victory would be a mere 59 seconds.

This 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.

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