IN MILITARY AFFAIRS THE STRENGTH OF AN ARMY is the product of its mass and some unknown $x \ldots$. 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
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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 hot-
ness 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 tri-
athletes—lither than those of cyclists, more muscular than those of run-
ers—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 con-
voyances 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 everyplace 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 an-
grily. 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 envi-
ronment, 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 dis-
respect—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 Iron-
man. 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 rever-
ent 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.
When Dave talks Ironman, as he did in Kona before the 2008 race, people listen.

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.
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p. 77 first two-time Ironman champion: Los Angeles Triathlon Club, A Night with Dave Scott and Mark Allen.
p. 78 pleading for him: ibid.


p. 79 going to *bury* this guy: *ABC Sports* 1983 Ironman television broadcast.

p. 79 side of the road,” he said later: Los Angeles Triathlon Club, *A Night with Dave Scott and Mark Allen*.

p. 79 Gee, thanks, Dave thought: ibid.


p. 80 This was Grip’s year: ibid.


p. 80 shrinking into himself: ibid.

p. 80 bag of cycling clothes: ibid.

p. 80 ebullience she’d expected: ibid.

p. 80 spectators gathered there: ibid.


p. 81 out of gas: Los Angeles Triathlon Club, *A Night with Dave Scott and Mark Allen*.

p. 81 off my bike!” he roared: *ABC Sports* 1984 Ironman television broadcast.

p. 82 Mark’s advantage: Los Angeles Triathlon Club, *A Night with Dave Scott and Mark Allen*.

p. 82 as he took the lead: Katovsky, “Hawaii Heat.”

p. 82 abreast of him: Los Angeles Triathlon Club, *A Night with Dave Scott and Mark Allen*.

p. 82 Mark said at last: ibid.

p. 83 silently into the water: Mulgannon, “Ironmania.”


p. 83 prize purse for the 1986 race: Tinley, *Triathlon*.


p. 84 putting out 100 percent: Allen with Babbitt, *Mark Allen’s Total Triathlete*.

p. 84 pee from the saddle: Mulgannon, “Ironman X.”

p. 84 stopped too: ibid.

p. 85 100-degree heat: ibid.
p. 85 feverish with envy: Allen with Babbitt, Mark Allen's Total Triathlete.
p. 86 won the 1987 race: ibid.
p. 86 in early October: Los Angeles Triathlon Club, A Night with Dave Scott and Mark Allen.
p. 86 got to get it back: Allen with Babbitt, Mark Allen’s Total Triathlete.
p. 87 day before the race: ibid.
p. 87 possibility had ended: Babbitt interview.
p. 87 feels that pressure: ABC Sports 1987 Ironman television broadcast.
p. 88 before the camera: Allen with Babbitt, Mark Allen’s Total Triathlete.
p. 88 through his goggles: ibid.
p. 88 wasn’t pushing the pace: Allen with Babbitt, Mark Allen’s Total Triathlete.
p. 88 situation in his gut: ibid.
p. 89 his face, was ready: Olivares, “Toughest Ironman Ever!”
p. 89 soon afterward: Allen with Babbitt, Mark Allen’s Total Triathlete.
p. 89 turned to water: Olivares, “Toughest Ironman Ever!”
p. 89 lead of five minutes: ibid.
p. 89 victory speech: Los Angeles Triathlon Club, A Night with Dave Scott and Mark Allen.
p. 89 tone of a grade school teacher: ibid.
p. 90 the last ten miles: ibid.

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the rest of his days: Mark Allen on Competitor Radio.

himself, and his life: ibid.

I'll do it: ibid.


swimming, riding, and running: ibid.

plus a mile: Murphy, “A Space Between Two Thoughts.”

sunup and sundown: Los Angeles Triathlon Club, A Night with Dave Scott and Mark Allen.

and back down. Murphy, “A Space Between Two Thoughts.”

matched that of Ironman: Los Angeles Triathlon Club, A Night with Dave Scott and Mark Allen.

training on the moon: ABC Sports 1983 Ironman television broadcast.

level of fitness: Los Angeles Triathlon Club, A Night with Dave Scott and Mark Allen.

I loved it: ibid.

do the day: ibid.


And he did: ibid.

30-kilometer run: ibid.

beat him by four: ibid.

legitimate athletic endeavor: Ray Browning, personal telephone interview, January 2011.

“real” athletes appeared: ibid.

engagement to Julie: ibid.


named Lance Armstrong: McAlpine, “Dave Scott: Man, Myth, or Legend.”


nine weeks before Hawaii: ibid.

into a tailspin: Anna Scott, personal telephone interview, November 2010.

ran seven and a half: Babbitt, “Face Off in Kona.”


he kept stomping: Dave Scott on Competitor Radio.


total time of 8:01:32: ibid.

about this,” she said: Babbitt, “Face Off in Kona.”


San Elijo Lagoon: Mark Allen on Competitor Radio.

the flight into Kona: ibid.
CHAPTER 6: DIG ME BEACH

p. 103 lift her curse: Carole Allen interview.

p. 105 greatest race ever run: Julie Moss, personal telephone interview, September 2010.


p. 107 unit for two weeks: Moss interview.


p. 108 the same to Mark’s body: Mike Rubano, personal telephone interview, October 2010.

p. 108 known to do in the past: Moss interview.

p. 109 the next day: Dave Scott, personal telephone interview, January 2011.


p. 109 headed for town: Anna Scott interview.

p. 109 could happen here: ibid.

p. 110 parking lot and stopped: ibid.


p. 110 on that lava beach: Moss interview.


p. 111 wanted him close: Anna Scott interview.

p. 111 an adjacent unit: John Reganold, personal interview, July 2010.


p. 111 workout sequence: Dave Scott interview.

p. 112 over the last four: Walker, “Dave Scott Interview.”


p. 112 as this one does: ABC Sports 1989 Ironman television broadcast.

p. 112 like to defeat: ibid.

p. 113 swim course backward: Walker, “Dave Scott Interview.”

p. 113 Mark Allen’s dad: Carole Allen, personal telephone interview, February 2011. Carole Allen does not recall the exact timing of this occurrence.

p. 113 hurry to fix it: Rubano interview.

p. 113 take care of it: George Goldstine, e-mail correspondence, February 2011. Goldstine does not recall the exact timing of this occurrence.

p. 113 having no choice: Rubano interview.
p. 114 equally shocked: ibid. Rubano does not recall the exact timing of this occurrence.
p. 114 also high in fat: Scott Molina, personal telephone interview, July 2010.
p. 115 before and during the race: ibid.
p. 115 soft-walled suitcase: Rubano interview. Rubano does not recall the exact timing of
this occurrence.
p. 115 climb inside the bag: Phil Maffetone, personal telephone interview, January 2010.
p. 115 hot dog!” she said: Moss interview.
p. 116 to win Ironman: Rubano interview.
p. 116 appointment with the chamber: Maffetone interview.
p. 116 Seventy-five minutes: Rubano interview.
p. 116 possible for him too: Dave Scott interview.
p. 117 from across the road: Olivares interview. Olivares does not recall the exact timing
of this occurrence.
p. 117 ready to run: ibid.
p. 117 in the proper direction: Walker, “Dave Scott Interview.”
p. 117 cross a room in Kona: Babbitt interview.
p. 117 Kamehameha Hotel: Mark Roberts, personal telephone interview, November 2010.
p. 118 kissing the Wailing Wall: Olivares interview.
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
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.
Boyer does not recall the exact timing of this occurrence or the precise wording of the
conversation.
CHAPTER 7: IRON WILL

p. 131 Frogs of Busto Arsizio: All information about and quotations from Samuele Marcora come from personal telephone interviews and e-mail correspondence with him, June 2010–March 2011.


p. 142 goes on in an Ironman: ibid.


p. 143 as he spoke these words: ibid.


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. 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 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 seven a.m. this morning: ABC Sports 1989 Ironman television broadcast.

p. 153 to watch the start: Plant interview.


p. 154 his stuff together: Julie Moss, personal telephone interview, September 2010.
p. 154 somehow turned itself on: ibid.
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 local dive shop: Plant interview.
p. 156 more up-tempo: ABC Sports 1989 Ironman television broadcast.
p. 156 triathlon racing suits: ibid.

p. 156 X of her own: Moss interview.

p. 156 hug and separate: ibid.
p. 157 too many times: ibid.
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 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 national anthem is sung: Reilly interview.
p. 161 from the pier: Chris Hinshaw, personal telephone interview, January 2011.
p. 161 easy to find: Olivares, “The Art of War.”
p. 161: Good luck, Dave: ibid.
p. 162 be somewhere else: Mike Reilly, e-mail correspondence, November 2010.


p. 163 off the front: ABC Sports 1989 Ironman television broadcast.


p. 163 very much a race: ABC Sports 1989 Ironman television broadcast.

p. 164 end well for you: Walker, “Dave Scott Interview.”


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 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 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. 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. 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 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. 173 of the Netherlands: Rob Barel, e-mail correspondence, February 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. 175 from his bottle: Mike Pigg, personal telephone interview, November 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.
p. 175–176 other Ironman officials: Mike Reilly, personal telephone interview, November 2010.
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.
not going fast enough: Dan Rock, personal interview, Solana Beach, CA, January 2011.

he was doomed: Hinshaw interview.

John cheers: John Reganold, personal interview, July 2010.

calls: Dave Scott interview.

from the rim: Chris Lieto, TriCenter, courtesy competitortv.com.

an open window: ABC Sports 1989 Ironman television broadcast.

We will see: ibid.

would be in trouble: Mackle interview.

can't see his face: "Iron War Uncut: Dave Scott and Mark Allen," http://www.youtube.com/watch?v=WTeeoBJRzUo.

good for business: personal conversations with Hawi proprietors.

the portable toilets: ABC Sports 1989 Ironman television broadcast.

memory of convenience: Dittrich interview.

nearly double it: ABC Sports 1989 Ironman television broadcast.

a fruit smoothie: Mackle interview.

bathroom opportunities: Pigg interview.

punches the accelerator: Olivares, "The Art of War."

on the descent from Hawi: Ken Glah, personal telephone interview, December 2010.

margin in check: Olivares, "The Art of War."

keep it upright: CJ Olivares, personal telephone interview, October 2010.

break her neck: ABC Sports 1989 Ironman television broadcast.

coming down again: Dave Scott on Competitor Radio.


front of the train: Pigg interview.

they will finish: ABC Sports 1989 Ironman television broadcast.

gap: "Three minutes!": Dave Scott on Competitor Radio.


saddle and launches: Dave Scott interview.

and vomits: Olivares, "The Art of War."

in his low back: Mackle interview.

He does: Dave Scott interview.

Here we go: Olivares interview.

his low back hurts: Babbit, "Kona Countdown: Dave Scott."

Mark lowers his head: "Iron War Uncut: Dave Scott and Mark Allen."

started to struggle: Dittrich interview.

into Wolfgang’s face: ibid.

intensity just a bit: Dave Scott interview.

behind Dave and Mark: Pigg interview.

last of the five: Olivares, "The Art of War."

everyone goes berserk: Reilly interview.

lounge chair: Los Angeles Triathlon Club, A Night with Dave Scott and Mark Allen, October 5, 2002, videotape courtesy of Bob Babbitt.

into the run: ibid.

rest of the way: Dittrich interview.


stage finish: Mike Plant, personal interview, San Marcos, CA, November 2010.

split is 4:37:53: ibid.

after Rob: ibid.

feel what’s coming: Plant interview.

CHAPTER 10: VISION QUEST


the island day: ABC Sports 1989 Ironman television broadcast.


hauling after him: ABC Sports 1989 Ironman television broadcast.


early run pace: ibid.

as the runners pass: John Reganold, personal interview, July 2010.

as a spotter: Mike Plant, personal interview, San Marcos, CA, November 2010.

and John Martin: Brian Hughes, personal telephone interview, March 2011.

and Mike Norton: Reganold interview.

first mile: 5:55: Mike Plant, e-mail correspondence, February 2011.

hushed by the report: Plant interview.


decarbonated Coca-Cola: ABC Sports 1989 Ironman television broadcast.

four and five apiece: ibid.

hands on mouths: Reganold interview.

lawn chair earlier: Los Angeles Triathlon Club, A Night with Dave Scott and Mark Allen, October 5, 2002, videotape courtesy of Bob Babbitt.

ten seconds to do: ibid.

take him with me: “Iron War Uncut: Dave Scott and Mark Allen,” http://www.youtube.com/watch?v=fTeoBjRz0u0.

stations on Ali’i Drive: ibid.

the coming pass: Olivares, “The Art of War.”


Man, oh, man: Mike Plant, personal interview.


into Mark’s mind: Olivares, “The Art of War.”


at a parade: Anna Scott, personal telephone interview, November 2010.

he jokes: Los Angeles Triathlon Club, A Night with Dave Scott and Mark Allen.


point in the race: Julie Moss, personal telephone interview, September 2010.

race for the ages: Mike Reilly, personal telephone interview, November 2010.
the final straight: ibid.

for third place: Ken Gla, personal telephone interview, December 2010.

transition. 58:24: Los Angeles Triathlon Club, A Night with Dave Scott and Mark Allen.


toward the coast: ABC Sports. 1989 Ironman television broadcast.


before the race: Sharron Ackles, personal telephone interview, 1999.

at this one: Olivares, “The Art of War.”

at this aid station: Dave Scott on Competitor Radio.


feels like a wall: Olivares, “The Art of War.”


two days ago: Los Angeles Triathlon Club, A Night with Dave Scott and Mark Allen.

his peripheral vision: Murphy, “Shamanism and the Art of Triathlon.”

more to life: Allen interview.

into his spirit: Secunda and Allen, “Fit Soul–Fit Body.”

his station wagon: Mike Adamle, personal telephone interview, December 2010.

the bike leg: John Boyer, personal telephone interview, December 2010.

point in the race: Los Angeles Triathlon Club, A Night with Dave Scott and Mark Allen.


eighteen in 5:40: Plant interview.

behind the gladiators: Babbitt conversations.


bib is missing: ibid.

can barely watch: Mike Rubano, personal telephone interview, October 2010.

memory of the day: Ken Gla, personal telephone interview, December 2010.

completed descent: Olivares, “The Art of War.”

helicopter hanging above: Moss interview.

What will happen: ibid.

It’s too important: ibid.

Hop on: ibid.

You can do it: ABC Sports 1989 Ironman television broadcast.

into his palm: Dave Scott, personal telephone interview, January 2011.

behind Grip: Olivares, “The Art of War.”

zapped his legs: Dave Scott on Competitor Radio.

making the catch: Olivares, “The Art of War.”

Crush him: Mike Norton, personal telephone interview, July 2010.

answers in his mind: Dave Scott interview.

boarding of the truck: Moss interview.

this moment: 7:58:02: Kidder, “Bud Light Ironman World Championship.”

Go now!: Mathias Müller with Timothy Carlson, 17 Hours to Glory: Extraordinary Stories from the Heart of Triathlon (Boulder, CO: VeloPress, 2010).

rival is struggling: ABC Sports 1989 Ironman television broadcast.

disjointed stilts: ibid.

Julie shouts: Moore, “Big Splash in Hawaii.”

Dave will be on him: ibid.

the present hill: Olivares, “The Art of War.”


along the Queen K: Los Angeles Triathlon Club, A Night with Dave Scott and Mark Allen.

flies down Pay-n-Save Hill: ibid.

shouting, “Yes”: Moore, “Big Splash in Hawaii.”

give it to you: Hughes interview.

Mark, you won: ibid.

for four minutes: Plant interview.

whole lot louder: Olivares, “The Art of War.”

unashamed weeping: ABC Sports 1989 Ironman television broadcast.

and more personal: Moss interview.

champion of Ironman: ABC Sports 1989 Ironman television broadcast.

of his left hand: ibid.

Not really: Plant interview.

CHAPTER 11: BREAKING POINT

in Angola, Indiana: All information about and quotations from Stephen McGregor come from personal interviews and e-mail correspondence with him.


top runner on the team: ibid.

except to race: ibid.

in poor shape: John Goodridge, personal interview, Ypsilanti, MI, December 2010.

ran above himself: ibid.

can’t really race: Vollmar interview.

he went all out: ibid.

the guys,” he suggested: Goodridge interview.

other young alumni: Vollmar interview.

the same technique: personal observation.

VO₂ max of 75: ibid.


heel wear went away: Dave Scott, personal telephone interview, January 2011.
p. 228 not the whole thing: ibid.
p. 228 they ever had: Paul Huddle, personal telephone interview, September 2010.
p. 231 I couldn’t do it: Mike Reilly, personal telephone interview, November 2010.

CHAPTER 12: THE MAN’S SEARCH FOR MEANING
p. 233 weekend triathlon camp: Dan Rock, personal interview, Solana Beach, CA, January 2011.
p. 234 I’m losing: ibid.
p. 234 rest of his life: Jim Curl, personal telephone interview, February 2011.
p. 234 fast as you can: Dave Scott, personal telephone interview, January 2011.
p. 235 did not last long: ibid.
p. 235 a fabulous race: ibid.
p. 235 earlier in the race: Dave Scott interview.
p. 236 previous day’s insult: Bob Babbitt, personal interview, San Diego, CA, 2010.
p. 236 Next time: Dave Scott interview.
p. 236 Mark won yet again: ibid.
p. 238 start getting ideas: ibid.
p. 238 not sixth place: Dave Scott interview.
p. 239 in his hamstrings: ibid.
p. 239 continue the race: ibid.
p. 239 He’s tarnishing his legacy: Dave Scott interview.
p. 239 than he was then: Linda Buchanan, personal telephone interview, November 2010.
p. 239 at forty miles: NBC Sports 1994 Ironman television broadcast.
p. 240 The race is here: Greg Welch, personal telephone interview, January 2011.
p. 240 regaining the lead: John Smith, e-mail correspondence, January 2011.
think I was old: Dave Scott interview.
breaking a toe: ibid.
socially straitjacketed: ibid.
he'd sneered: T. J. Murphy, personal interview, San Diego, CA, June 2010.
tempted to quit Ironman: Dave Scott interview.
ever been in Hawaii: Ironman.com, year-by-year results.
so much fun: ibid.
pretty darn close: Mike Reilly, personal telephone interview, November 2010.
if not the best: Dave Scott interview.
publisher Bob Babbitt: Babbitt interview.
Dave bellowed: ibid.
should be flying: ibid.
to victory: Babbitt interview.
start line in October: Rob Klingensmith, personal telephone interview, July 2010.
Solid: Dave Scott interview.
55 to 59 age group: ibid.
a bike-blind motorist: Dave Scott interview.
found her destination: ibid.
broadside, and hard: ibid.
he croaked: ibid.
lying on the ground: Dave Scott interview.
endorphin lunatic: ibid.
It’s gigantic: ibid.
divorced five years later: Anna Scott interview.
incident to her mother: Murphy interview.
swim, bike, or run: ibid.
interact with other people: Dave Scott interview.
and rightly so: Klingensmith interview.
his own bed: Randy Viola, personal telephone interview, July 2010.
protect him—from himself: ibid.
Dave took it anyway: Klingensmith interview.
left in his dust: Dave Scott interview.
he deadpanned: Mirinda Carfrae, personal conversation, Chicago, IL, August 2010.
p. 249 little time to train: Dave Scott, personal interview, Boulder, CO, June 2010.
p. 249 what you can do: ibid.
p. 249 what her mouth said: personal observation.
p. 249 she had uterine cancer: Dave Scott, 2011 USA Triathlon Hall of Fame induction speech.
p. 250 got to have faith: ibid.
p. 251 this time,” he said: personal observation.
p. 251 minutes behind Chrissie: http://www.bamswimteam.org (results no longer available).
p. 251 on the beach: ibid.
p. 251 Dave teased: personal observation.
p. 251 tucked in behind them: ibid.
p. 251 It seemed possible: Dave Scott interview.
p. 252 surged away easily: personal observation.
p. 252 Less than nothing: Dave Scott interview.
p. 252 looking at him: personal observation.
p. 252 refused to stop running: Mike Norton, personal telephone interview, July 2010.
p. 252 Yeah, right: personal observation.
p. 253 He won: ibid.
p. 253 pride in doing that: Dave Scott interview.
p. 253 made it this far: personal observation.
p. 254 out there more: Murphy interview.
p. 254 out of reach: Dave Scott interview.
p. 254 and every run: Anna Scott interview.
p. 255 high expectations: Dave Scott interview.
p. 255 everything she had to win: ibid.
p. 255 win next time: ibid.

CHAPTER 13: SHAMAN SURFER

p. 257 nowhere to be found: ibid.
p. 257 permit his attendance: Julie Moss, personal telephone interview, September 2010.
p. 258 have their hats back: Souza interview.
p. 258 return to sleep: Charlie Graves, personal telephone interview, October 2010.
p. 258 night of his vision: ibid.
now saving his life: Secunda, “Dreamers of the Sun.”
left in him : ibid.
and head scarves: “Earth and Sky.”
tolerance for suffering: Murphy, “Shamanism and the Art of Triathlon.”
to complete as Brant himself. Moss interview.
got used to that: Paul Huddle, personal telephone interview, September 2010; Souza interview.
filled my bucket: Mark Allen on Competitor Radio.
even better in Kona: ibid.
position on his bike: Moss interview.
the Huichol way: Mark Allen on Competitor Radio.
conceive a child together: Julie Moss, e-mail correspondence, July 2011.
move beyond that: ibid.
Space had caused him: ibid.
for a long time: Moss, e-mail correspondence, July 2011.
Free of his father: ibid.
forty-seventh birthday: Mike Rubano, personal telephone interview, October 2010.
between Bill and Michael: ibid.
television advertisement together: ibid.
or sell, or whatever: ibid.
from Mark Allen: ibid.
or two, or three: Moss interview.
to sustain him: Souza interview.
certain kind of cactus: Scott Molina, personal telephone interview, July 2010.
will talk to you: Souza interview.
he would walk away: Mark Allen on Competitor Radio.
was this close: Los Angeles Triathlon Club, A Night with Dave Scott and Mark Allen, October 5, 2002, videotape courtesy of Bob Babbitt.
dethrone him: ibid.
saw these results: Los Angeles Triathlon Club, A Night with Dave Scott and Mark Allen.
70 years old: Mark Allen on Competitor Radio.
and fasting: “Mark Allen & Brant Secunda—Fit Soul, Fit Body, Part 1,” http://www.youtube.com/watch?v=hr2tTSjm_bE.

Can win Ironman: Souza interview.

had already retired: Mark Allen on Competitor Radio.

vitality had returned: ibid.

since Iron War: Moss interview.


its girlie splendor: Los Angeles Triathlon Club, A Night with Dave Scott and Mark Allen.

mock disappointment: ibid.

for 112 miles: ibid.

ahead of him: ibid.


doesn’t look so good: Mark Allen on Competitor Radio.

on the lava field: plaque at Lekeleke burial ground, courtesy of Keauhou Resort.

let alone win: “Mark Allen & Brant Secunda—Fit Soul, Fit Body, Part 8,” http://www.youtube.com/watch?v=l4TViVvA8NTM.

Quiet your mind: Mark Allen on Competitor Radio.

doing the race change: ibid.

finished off the youngster: NBC Sports 1995 Ironman television broadcast.

the medical tent: Wallack, “The Stalking.”


next day less still: Mark Allen, personal conversation, Kona, HI, October 2010.


broader triathlon community: T. J. Murphy, personal interview, San Diego, CA, June 2010.

those deprogrammers: ibid.

looked completely sane: ibid.

things got weird: ibid.

this is happening: ibid.

through the high desert: Murphy, “Shamanism and the Art of Triathlon.”

Mark just smiled: Los Angeles Triathlon Club, A Night with Dave Scott and Mark Allen.


earlier in the day: ibid.

was now corrected: Murphy interview.

connecting with: ibid.

in his racing: Murphy, “Shamanism and the Art of Triathlon.”


home with them: Murphy interview.
Mona Lisa smile: ibid.
riding waves: Moss interview.
surfing acquaintances: Moss interview.
marriage was at a crossroads: ibid.
profound choice to make: ibid.
attend a retreat: Ken Allen, personal telephone interview, February 2011.
refused to enter: Carole Allen, personal telephone interview, February 2011.
the bitter end: Ken Allen interview.
after Mark’s retirement: ibid.
vomiting seawater: Dan Rock, personal interview, Solana Beach, CA, January 2011.
decorative candles: Carlson, “Mark Allen’s Dream-Time Transition.”
a human being: Mark Allen, personal conversation, Kona, HI, October 2010.
online coaching service: Luis Vargas, personal telephone interview, March 2011.
for them to change: Mark Allen on Competitor Radio.
by Mark’s success: Carlson, “Mark Allen’s Dream-Time Transition.”
utterly star-struck: Trilover, “Hungry and in Pursuit . . .”
the wall behind Mark: Carlson, “Mark Allen’s Dream-Time Transition.”
embraced Peter: Trilover, “Hungry and in Pursuit . . .”
told the story: Mathias Muller with Timothy Carlson, *17 Hours to Glory: Extraordinary Stories from the Heart of Triathlon* (Boulder, CO: VeloPress, 2010).
fly small planes: Murphy, “Searching for Peter Reid.”
resistant to change: Mark Allen on *The Simon Gown Triathlon Show*.
traveled there separately: Moss interview.
eve of the competition: ibid.
first triathlon in 1982: ibid.

**EPILOGUE**

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 Hualalai 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.

-Key Stats-

Weather
High 88ºF (31ºC)
Low 72ºF (22ºC)

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

Avg. Water Temp. 79ºF (26ºC)
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

FEB 18, 1978

1968
Mark joins the Palo Alto Swim Club.

1950

1974
Dave founds the Davis Aquatic Masters swim club with his father and sister.

1960

1980

1981

1982

1983

1984

1985

1986

1987

May 1954
Dave Scott is born in Davis, CA.

January 4, 1958
Mark Allen is born in Glendale, CA.

May 1960

May 1976
Dave graduates from the University of California-Davis.

November 1976
Dave races his first triathlon in San Diego.

June 1977
Mark’s stepmother, Toot, takes a piece of lava rock from the top of the volcano Mauna Kea.

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

Sample pages from Iron War by Matt Fitzgerald
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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.
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.