



Year of the Ironman: A Year in the Life of an Ironman Triathlete

Jerry Williamson

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It started with a visit to Upstate New York. When thirty-nine year old software engineer Jerry Williamson and wife Denise witness the midnight bedlam at Ironman Lake Placid and the throng is moved to tears. The loudest cheers go to the stragglers, the Ironman triathletes who find a way to drag themselves across the line before the midnight deadline. Their reward? A roar from the crowd, hugs with family, and the coveted call that every triathlete lives for, "You are an Ironman!" The moment changes Jerry for life. He signs up for the next year's race, wondering what he is getting into. While Year of the Ironman chronicles the challenges that Jerry could never have imagined when he started his year of intensive training, his story is really about chasing a dream. His insider view of an extreme lifestyle offers hope and encouragement to those wearied by life's routines.

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