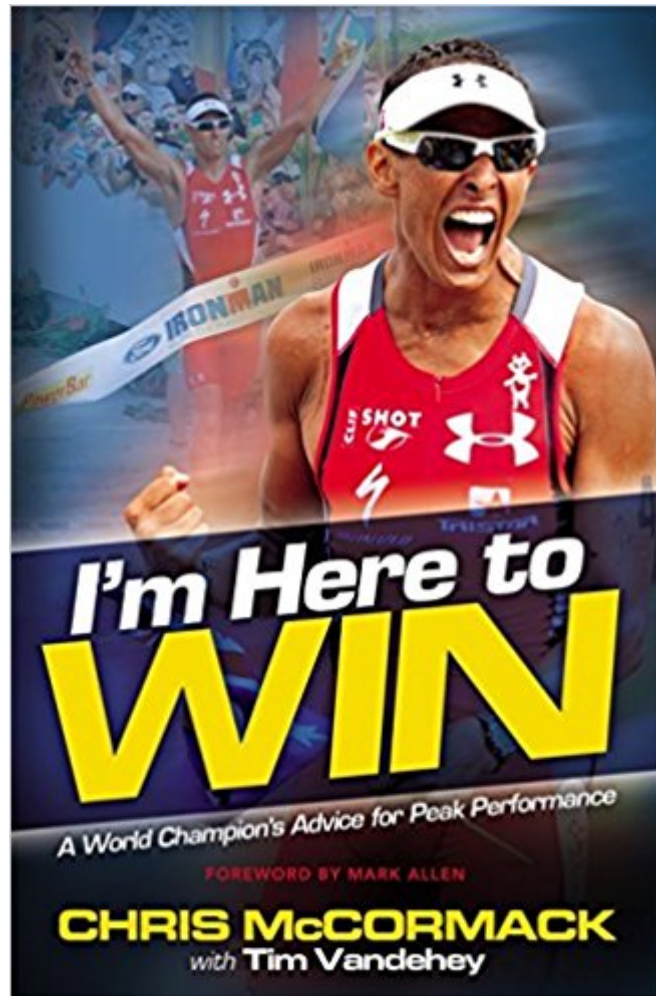




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# I'm Here To Win: A World Champion's Advice For Peak Performance



## Synopsis

In I'M HERE TO WIN, Chris "Macca" McCormack opens his playbook and reveals everything it takes-mind, body, and spirit-to become a champion. Now he shares the story of his triumphs and the never-say-die dedication that has made him the world's most successful triathlete. In 2010, at the age of 37, Macca beat the odds and won the Ford Ironman World Championship in Kona, Hawaii for a second time in what many called the most dramatic finish in the race's history. Macca's journey to athletic greatness is more than just one of physical perseverance. After coming in fourth in Hawaii in 2009, Macca returned to the island on a mission: He was there to win. A game plan containing a new strategic approach to winning brought him first across the finish line. Chris McCormack has dedicated his life to training for-and winning-the Ironman Hawaii, one of the most grueling tests of mental and physical endurance in the world. The race challenges athletes to swim 2.4 miles, bike 112 miles, and run a full marathon, 26.2 miles, using all their strength and willpower to overcome the incredibly harsh conditions. In I'M HERE TO WIN Macca provides concrete training advice for everyone-from weekend warriors who casually compete to seasoned veterans who race every week to armchair athletes looking for an extra push-and provides insight into the mind of a great champion with excitement and inspiration on every page. I'M HERE TO WIN is also available as an enhanced e-book with embedded video and audio.

## Book Information

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## Customer Reviews

"McCormack recaps important races throughout his career with candor...He shares training expertise while offering readers advice to develop their own routines, exercise programs and race

strategies... not for the faint of heart."â •Forbes.com"If you're a competitive athlete and want to focus on your mental game, read I'm Here to Win. "Macca" is straight up and honest, putting forth embarrassing moments, times of doubt, and how he made it to the top of the podium so many times."â •Stack.com

Chris McCormack "Macca" was born in Sydney, Australia on April 4, 1973. He won titles and awards for his participation in sports during his school years, but initially chose education over a pro sports career and became an accountant after graduating from the University of New South Wales. He began competing professionally in 1996, and most recently, won the 2010 Ironman World Championship in Honolulu. Tim Vandehey is a professional ghostwriter, book collaborator and "book doctor." Since 2004, he has ghostwritten or co-written more than 30 books in the self-improvement, memoir, sports, spiritual, health, business, and financial genres. They include Produced by Faith with DeVon Franklin, Running on Faith with Jason Lester, and How to Make the Rest of Your Life the Best of Your Life with Mark Victor Hansen and Art Linkletter. Tim lives on Bainbridge Island, Washington, with his wife and two daughters.

It took me a few weeks to get through the book. It appeared to drag at times as McCormack didn't really keep my attention very well the first half of the book. When he got to the story of his 2010 Ironman win, I did find it captivating, and I finished the second half of the book over two evenings. McCormack has a well-documented reputation for being cocky and over-confident, and he tries to explain it in the book as his "strategy" to get into the heads of his competition. While that may be the case, the way that he documents his life and tells his story certainly lead me to the conclusion that its not a strategy, its who he is. I took away some points he made with regards to nutrition during Ironman distance events, but otherwise, I thought it was simply an 'Average' read. He is a great competitor, not so much as a writer.

I'm new to the world of Triathlon and had heard of Chris McCormack through his reputation as being one of the most amazing, record breaking athletes to walk planet earth so that's what drove me to read his story. The writing is much like the athlete. It starts off as bombastic, ego filled with a lingering tactical intention behind every word. Then as you pass through his tactics and the mind games he plays on his opponents, you reach a deep philosophical center. Macca made me a fan when he talked about athletes who skip the growth process by using performance enhancing drugs in their obsession to gain a greater result. Never have I read such an introspective stance on the

issue of drug use in professional sports. His insights are the result of years of racing at the highest level and should be a must read for anyone who hopes to compete in this sport.

Learned a LOT !!!!! Fun read too!

If you are a fan of triathlon you will like this book. If not then you probably won't get much out of it. It is a good insight into some of the races and the development of the IronMan racing sport as it developed and matured. OH and unless you need to learn how to constantly self affirm that you are the best in the world, you won't learn anything on how to race better. I don't think that McCormic is the arrogant guy that many people claim him to be. That said I do believe McCormic is his own biggest fan. Take it for what it is worth entertainment for someone who follows the sport.

True champion. Arrogant as, exactly what I'd expect from a winner and this guys is one. Super read about his journey to the top via a couple of detours. My take away was that commitment sometime isn't enough, if the focus is missing.

I found Macca be very honest and forthright about his success and failings in what is an unbelievably demanding sport. Most people somewhat familiar with Macca would know he is not the most humble man on earth. If an athlete with a bit of an ego bothers you, this book may not be that enjoyable. But, if you accept that most top athlete's have egos and accept that Macca is probably just a bit more upfront about his, you'll enjoy the book. Macca does a great job of providing an insight into the mental aspect of triathlon, which I found very interesting. All in all, a good read for anyone interested in triathlon and/or endurance sports.

One of the best book about triathlon I have ever read. Not only the story behind Chris is wonderful, the amount of valuable facts and tips you can't get out of this book is endless. Before I read this book I didn't even like Macca, after this book he is one of my inspirational triathletes.

Totally awesome book! First time I ever seen Macca was on a Wheaties box. His grinning face was on our breakfast table for over a year. Don't know why they're doing the old Mary Lou Retton, Bruce Jenner and Ali boxes nowadays. I want Macca back! This book is a great introduction to triathlons by the greatest triathlete on the planet. What I admire about Chris McCormack is his honesty. That's right. He talks about his failures as well as his glories and doesn't sugarcoat his mistakes. The

chapter about his mate Sean Maroney's death and later his mother's short fight with breast cancer was a real tearjerker. But he was able to persevere and dedicate his first Ironman World championship to them. This book is more than a book about athletes, but a treatise on life experiences. Since I'm writing a novel with a triathlete as the male main character, I found this book invaluable with diving into the mind of a world class athlete. My character had doubts about his biking ability. His father was an Olympic swimmer and his mother an Olympic sprinter. Yet he was a big man. Although before I read this book, I didn't know 175 lbs is considered heavy. My guy is 6'2" and 179 lbs. His girlfriend encouraged him to attack on the bike and he'd been training with uphill mountain biking and sprints to build his leg power. He'd always been confident about his marathon abilities, so hanging back on the bike had been his biggest obstacle. All this was written before I came across Chris McCormack's book. Imagine my surprise when Chris outlined the exact strategy for my character to win. Obviously my character made mistakes such as attacking on the uphill close to the summit and losing it when he almost fell on the downhill [I mean, in fiction you have to pull out the bunny rabbit ran across the road moment], but Macca's descriptions of his races helped me with the realism of my race scene. My editor may still cut it out, but at least I enjoyed writing it, and I am going to cheer for Macca to beat Crowie for the 2012 Ironman World Champion. At the end of the book, Chris talks about honesty and not cheating. I immediately thought of Lance Armstrong and John Locke. What good is temporary glory when it is bought off the back of underhanded methods? I'm really glad he tackled this taboo topic, because at the end of the day, each person has to look inside themselves and like what they see. I also love the relationship Chris has with his wife, Emma-Jane. There is an undying love, close friendship and emotional consideration that all romance novels aim to achieve. Macca said if you're too focused on the results and not on the process you'll burn out. The same can be said for writing. Enjoy and love the journey and savor the destination, but never cheat or take shortcuts.

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