



# Iron Ambition: My Journey from Seat 2A to Ironman

*John D. Callos*

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UPDATED: Iron Ambition chronicles a CEO's mid-life odyssey from corporate excess and sloth, to completing the Ironman Triathlon. This is NOT a book for those looking for training advice. It is the story of all the mistakes made trying to do too much, too soon, and wasting thousands of dollars on unnecessary equipment that made little difference in the end. This book is really targeted toward mid-career, 6-figure executives who struggle with the daily battle of balancing work and family while harboring the guilt of broken promises and delayed dreams. The wildly-mixed reviews reflect the disappointment of athletes who were seeking training advice or who misinterpreted the author's intention of helping others avoid his costly mistakes by candidly acknowledging his near-obsession with Ironman and how this costly pursuit took over much of his life. Since completing the Ironman, the author has also completed the ULTRAMAN, a 3-day stage race format triathlon consisting of a 6.2 mile swim, 260 miles of cycling and a 52-mile double marathon run on the final day.

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