



## CHASE THAT SMILE

Approaching Midlife: a  
Marathon, Mount Kilimanjaro  
and an Ironman Triathlon

With a bit of grit, a positive mindset  
and some minor life organisation  
Harold Cabrera will show just how  
much you can achieve!

A 39-year-old dad of two, Harold Cabrera is your typical sports weekend warrior, who decides to complete three big challenges before turning 40.

*Chase that Smile* is his account of relationships, family life, good times, and hard times. Of training for three major physical challenges all in the same year - running the Paris Marathon, climbing Mt. Kilimanjaro, and completing an Ironman triathlon - whilst in the midst of juggling a full-time job and being a parent.

More than just a personal account of every challenge faced, Harold provides insight into training plans, the importance of nutrition and most importantly how he developed the right mindset needed to take on such big endurance challenges — each battle needing both physical and mental stamina.

**Harold Cabrera** was born in the Philippines, grew up in Winnipeg, Canada and lives in London, England. He works as a Software Developer and Data Scientist for Wise Traders where he develops stock trading systems. He spends most of his time with his family, plus running, cycling and swimming. Harold has co-authored and published *C# for Java Programmers* (Syngress Publishing, 2002).

Harold says, “After signing up to do the Paris Marathon and my first Ironman Triathlon, I also decided to climb Mount Kilimanjaro. All in the year leading up to my 40th birthday. I questioned if this was some sort of midlife crisis and came up with the idea of chronicling my training journey, and turning this into a book.”

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