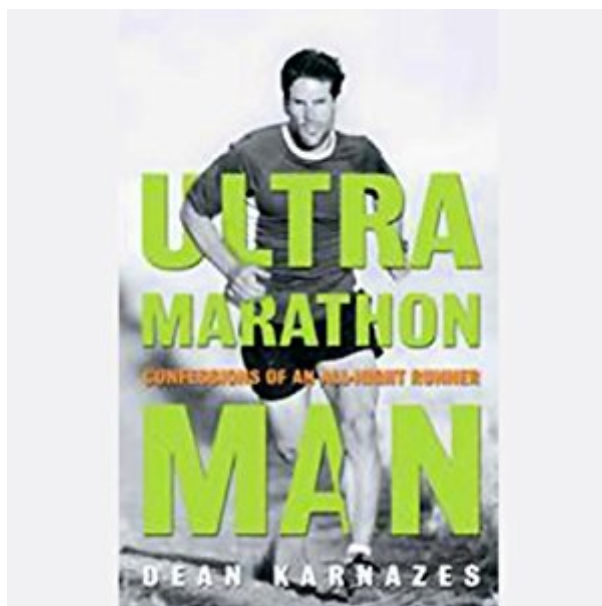


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# Ultramarathon Man: Confession Of An All-Night Runner



## Synopsis

In one of his most ambitious physical efforts to date, Dean Karnazes attempted to run 50 marathons, in 50 states, in 50 days to raise awareness of youth obesity and urge Americans of all fitness levels to "take that next step." "UltraMarathon Man: 50 Marathons - 50 States - 50 Days", a Journeyfilm documentary, follows Dean's incredible step-by-step journey across the country. There are those of us whose idea of the ultimate physical challenge is the 26.2-mile Boston Marathon. And then there is Dean Karnazes. Karnazes has run 226.2 miles nonstop; he has completed the 135-mile Badwater Ultramarathon across Death Valley National Park-considered the world's toughest footrace-in 130-degree weather; and he is the only person to complete a marathon to the South Pole in running shoes (and probably the only person to eat an entire pizza and a whole cheesecake while running). Karnazes is an ultramarathoner: a member of a small, elite, hard-core group of extreme athletes who race 50 miles, 100 miles, and longer. They can run forty-eight hours and more without sleep, barely pausing for food or water or even to use the bathroom. They can scale mountains, in brutally hot or cold weather, pushing their bodies, minds, and spirits well past what seems humanly possible. Ultramarathon Man is Dean Karnazes's story: the mind-boggling adventures of his nonstop treks through the hell of Death Valley, the incomprehensible fridity of the South Pole, and the breathtaking beauty of the mountains and canyons of the Sierra Nevada. Karnazes captures the euphoria and out-of-body highs of these adventures. With an insight and candor rarely seen in sports memoirs, he also reveals how he merges the solitary, manic, self-absorbed life of hard-core ultrarunning with a full-time job, a wife, and two children, and how running has made him who he is today: a man with an A-f-A berjock's body, a teenager's energy, and a champion's wisdom. --This text refers to an out of print or unavailable edition of this title.

## Book Information

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## Customer Reviews

Being a running enthusiast myself and having followed Dean Karnazes inspiring story of a total life change is a compelling and very interesting read! I love the journey that Dean has gone on as a human being and his story is certainly highlighted in the right way, self deprecating, self satisfying, self affirming, I really enjoyed the read and think Dean is a great inspiration to many. This book made me want to run again. I'm not an excellent runner in any way, shape or form, nor will I ever be. I will never have the endurance Dean has and has demonstrated; however, that's not what running is all about. If you get out and run, you ARE a runner and I love how Dean encourages his fans and simply the public in general about it all. Thanks for writing this Dean, it was a great read!

It's unbelievably corny starting out (they contain cherished reminiscences, I suppose) but the story was still sucked me in like a bad habit! Like one of his runs, once I'd pushed through the painfully saccharine beginning, the rewards came. I've read Scott Jurek, Killian Jornet and Chris McDougal's accounts of the Western States run. Karnaze is the the only one who actually puts the reader in his improbable shoes! They all make you believe in the path, but only Karnaze gives the reader more than a glimpse! Underwear? Really? Dude!

This is one of the most captivating, and intriguing books I have ever read! Love! Love! Love!

Good book for motivation. You can really get a good concept of what it takes to run ultra. I have no desire to ever run that many miles but the book helps you to stay motivated and run! Dean is a great guy with a awesome perspective on life!

I heard Dean Karnazes speak on the Spartan Cruise and was thoroughly entertained, and ordered the book as soon as we had internet service again. The book reads just like he speaks. This was an entertaining book. I didn't expect it to be a guide to running, or a historical book - the title is as tongue in cheek, and so is the book. It's an auto-biography, so it's a mix of being intentionally self-effacing while also claiming his victories. Do not read this book to learn how to run, to learn how to run further, or to learn about the history of ultramarathons. Read it because it's fun, and because,

even if you're a crazy guy going through your own mid-life crisis through athletic endeavours, he'll probably make you feel relatively normal. (Take it from me). It's a light read - 269 pages in the paperback - and I read it faster than I ran my first marathon (and, not coincidentally, on the same day....)

Personal and detailed experiences of life and running. Makes you want to sign up for a 50 miler! Great read.

This book was one of the best books I have ever read in my life. The author has a similar personality as mine though, so it read really easily and was probably why I enjoyed it as much. Read it as a motivational tool or just entertainment, I went from not exercising and 260 lb's to biking and running daily and now weigh 160. It really helped me bridge my goals but more importantly this is a story of a man changing his outlook in his life. I bought this and read it over the course of 3 days (could not stop, had to force myself to put it down).

When I was younger, I read about the Tarahumara Indians of northwest Mexico running incredible distances. The stories of these iron men running 170 miles and upward blew me away. I wondered what were they thinking and how did it feel to run such a distance. Karnazes has provided me with an answer by writing about his experiences as an ultramarathoner. He describes the sweetness of adversity in distance running: the pain that seems to come and go, the mental struggle, and the powerful desire to reach the end no matter what. Karnazes is a machine. These were my thoughts at 2 am, my jaw dropping yet again as I read about his first attempt at the Badwater Ultramarathon known as "the world's toughest foot race". I tried to imagine running 135 miles inside the ecological furnace of California's Death Valley. How is that possible? Karno recently finished running 50 marathons in 50 states. I was deeply disappointed to miss an opportunity to meet Karno when he ran in Houston this October. What a book! What an athlete!

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