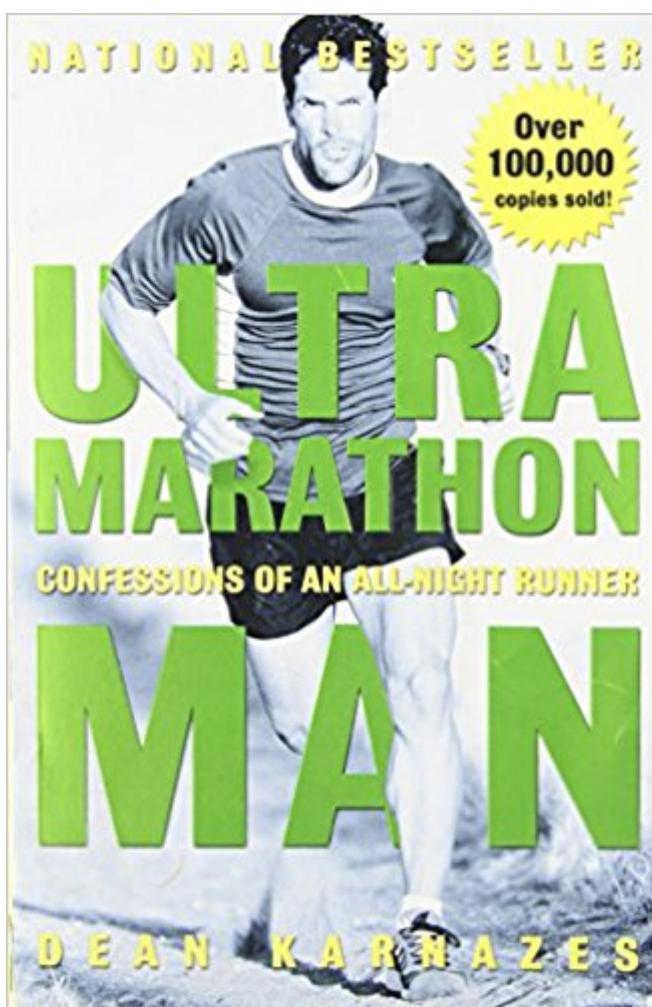


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# Ultramarathon Man: Confessions Of An All-Night Runner



## **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 Deanâ™s incredible step-by-step journey across the country. Ultrarunning legend Dean Karnazes has run 262 miles-the equivalent of ten marathons-without rest. He has run over mountains, across Death Valley, and to the South Pole-and is probably the first person to eat an entire pizza while running. With an insight, candor, and humor rarely seen in sports memoirs (and written without the aid of a ghostwriter or cowriter), Ultramarathon Man has inspired tens of thousands of people-nonrunners and runners alike-to push themselves beyond their comfort zones and be reminded of "what it feels like to be truly alive," says Sam Fussell, author of Muscle. Ultramarathon Man answers the questions Karnazes is continually asked: - Why do you do it?- How do you do it?- Are you insane? And in the new paperback edition, Karnazes answers the two questions he was most asked on his book tour: - What, exactly, do you eat?- How do you train to stay in such good shape?

## **Book Information**

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## **Customer Reviews**

Ultra-marathoner Dean Karnazes claims "There is magic in misery." While it would be easy to write off his habit of running for 100 miles at a time&#x97;or longer&#x97;as mere masochism, it's impossible to not admire his tenacity in pushing his body to reach one extreme goal after another. Sure, it's gory to read about how he lost one of his big toenails from shoe friction during the Western

States Endurance Run. But what registers more is that here's a guy competing in an event that includes 38,000 feet of elevation change--the equivalent of scaling the Empire State Building 30 times. Despite his considerable athleticism, "Karno" argues that the first half of any race is run with one's body, and the second half with the mind. Without delving into excessively touchy-feely territory, he explores "the possibilities of self" as he completes an ultra-marathon in 120-degree heat in Death Valley, and later the first-ever marathon at the South Pole. It's an odd combination: a California surfer dude contemplating how, as Socrates said, "Suffering leads to wisdom." But Karnazes's self-motivation is utterly intriguing, and it's impossible to read this memoir without wanting to go out and run a marathon yourself.--Erica Jorgensen --This text refers to an out of print or unavailable edition of this title.

Many would see running a marathon as the pinnacle of their athletic career; thrill-seeker Karnazes didn't just run a marathon, he ran the first marathon held at the South Pole. The conditions were extremeâ "breathing the superchilled air directly [without a mask] could freeze your trachea"â yet he craved more. Also on his rÃ©sumÃ©: completing the Western States 100-mile endurance run and the Badwater 135-mile ultramarathon through Death Valley (which he won), as well as a 199-mile relay race... with only himself on his team. This running memoir (written without a coauthor) paints the picture of an insanely dedicatedâ "some may say just plain insaneâ "athlete. In high school, Karnazes ran cross-country track, but when his favorite coach retired, he quit the sport. Fifteen years later, on his 30th birthday (in 1992), on the verge of an early midlife crisis, he threw on his old shoes and ran 30 miles on a whim. The invigorating feeling compelled him to pursue the world of ultramarathons (any run longer than 26.2 miles). "Never," Karnazes writes, "are my senses more engaged than when the pain sets in." Yet his masochism is a reader's pleasure, and Karnazes's book is intriguing. Casual runners will find inspiration in Karnazes's determination; nonathletes will have the evidence once and for all that runners are indeed a strange breed. Copyright Â© Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

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, Kilian 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 my 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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