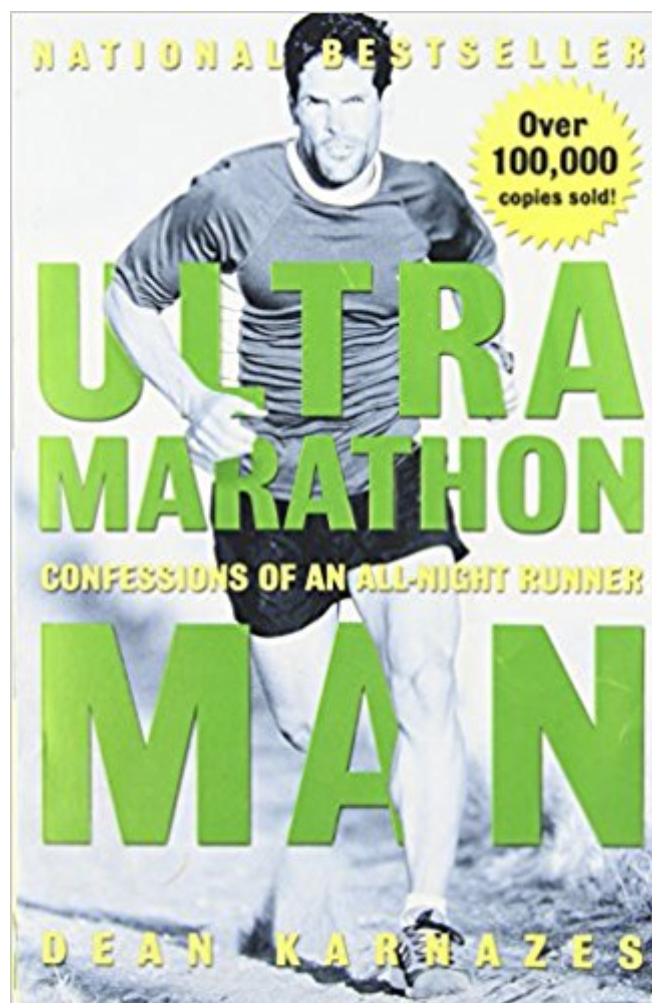


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Ultramarathon Man: Confessions Of An All-Night Runner



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 Dean'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

i read this book in one day after seeing a piece that 60 minutes did on him as well as Dean's female rival. The amazing thing about these two as well as many of the runners who compete in the badwater is that they are not young by any means. I think this is a real inspiration to those of us in our 40's who think that athletics is for the young. if any thing, I think the maturity of Dean and the

others is one of their greatest strengths in running these ultra-marathons. It not only takes enormous athletic ability, but also incredible discipline to pace yourself and an unbelievable tolerance for pain. Dean's stories of stopping at the 7-11 store or ordering a pizza while running are hilarious and I did not find him to be sexist in anyway, especially since he was defeated by a woman twice in the badwater run. This is a truly inspiring story not only for athletes, but for people in general as Dean clearly displays that running these races is not all about body it's just as much, if not more, about having a strong mind and will. Something that people can apply in their everyday life. This really was one of the most inspirational and fulfilling books I've read in quite some time.

As a marathoner in my mid-40's, I bought this book with great anticipation. Dean takes the reader on a journey through countless miles but somehow the "marathons" stop short. In all honesty, I have survived 186 pages of this extra ordinary mans expose'. What I have been left with is an egotistical, self-serving man on a quest for God knows what. It's one race after another. Never does he tell about his recovery period or a summary of the physical abuse he puts himself through. Dean is rare and God knows he doesn't lack confidence or an ego. Sorry Dean -- I expected so much more!!!!

I had to get the book, since there aren't many books on ultra running. You'd think that somewhere in his book he'd mention the names of some of the greatest ultra runners of all time, such as Ann Trason or Yiannis Kouros. There's not even a hint that there have been others quietly doing what he does and even more. If he had, I would have liked him a little better and would have been more likely to put up with his hyperbole and bravado. As others have noted, I lost most of my respect for DK when he started trashing the Boston Marathon when comparing it to the Western States 100. After that, I found it difficult to get past his exaggerations without wondering how much truth there was behind his words.

I really wanted to like this book, but no matter how hard I tried, I couldn't. It is just filled with so much self-indulgence that it literally makes your head spin. Rather than cover off many of the points that have already been made, I'll make several other recommendations: 1) Running with the Buffaloes: true account of the 1998 Colorado Varsity cross country team. Lots of drama, humility and implied training advice 2) Once a Runner: Fictional cult classic. 3) The Greatest: Autobiography of one of the world's truly fittest men, Haile Gebresellasie. Undefeated over 10,000m for 8 years. I've read each of these books and everytime, I was dying to get out for a run.

For those of us who are runners, either for recreation, competition or a bit of both, it is difficult to explain the mystique to non-runners. In the case of mega-distance runner Dean Karnazes, it almost defies rationale. In this friendly, first-person narrative, Karnazes takes readers through some of his most grueling challenges and somehow manages to provide the "WHY" behind his extreme athleticism. It is both humbling and inspiring. If you're like me, the tough choice is: Do I keep reading, or put the book down and go out for a really long run???! Do both! Interesting and inspirational book for runners and non-runners of all fitness levels.

I hate running. Or at least I used to. And it had been a long time since I've run more than a few steps. The most I have ever run in my life was 3 miles. And that was when I participated in a 3k race. After reading a 1/3 of the book, around 11pm, I just went out and ran 4 miles. Two days later, after reading another 1/3 of the book, I went outside and ran 6 miles. Two days later, after finishing the book, I went outside, and like Forrest Gump, I ran 12 miles. At times, I had to walk, and there were a few times when I felt like I was crawling. The quote from the book, "When you can't run, walk. When you can't walk, crawl" continued to echo in my mind. The narration is very engaging and I enjoyed reading it. After this book, I read *Born to Run* by Chris McDougall. And while I did enjoy that book as well, Chris does take a few shots at Dean Karnazes. And so does Scott Jurek. There seems to be some resentment within the ultra community re: the amount of publicity and recognition that Dean has been receiving. I'm not aware of all that but all I know is that this book in itself, has inspired me to run again and that's all that matters.

that's what he wants you to say, anyway, i'm sure. but gimme a break! i'm 1/2 way done w/this book and couldn't wait any longer to write this review. another reviewer mentioned "self-promotion" and "false humility." yeah, ya think? well put. good grief! this excerpt almost had me gagging: "...my body reached a level of fitness that defied all sensible limitations." seriously? well, at least you're modest, dean! yes, the stories of his adventures and races (and the book overall) were very interesting, and his level of fitness, etc. are amazing and inspiring, but the self promotion is really hard to swallow. if you can get past that part, go for it.

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