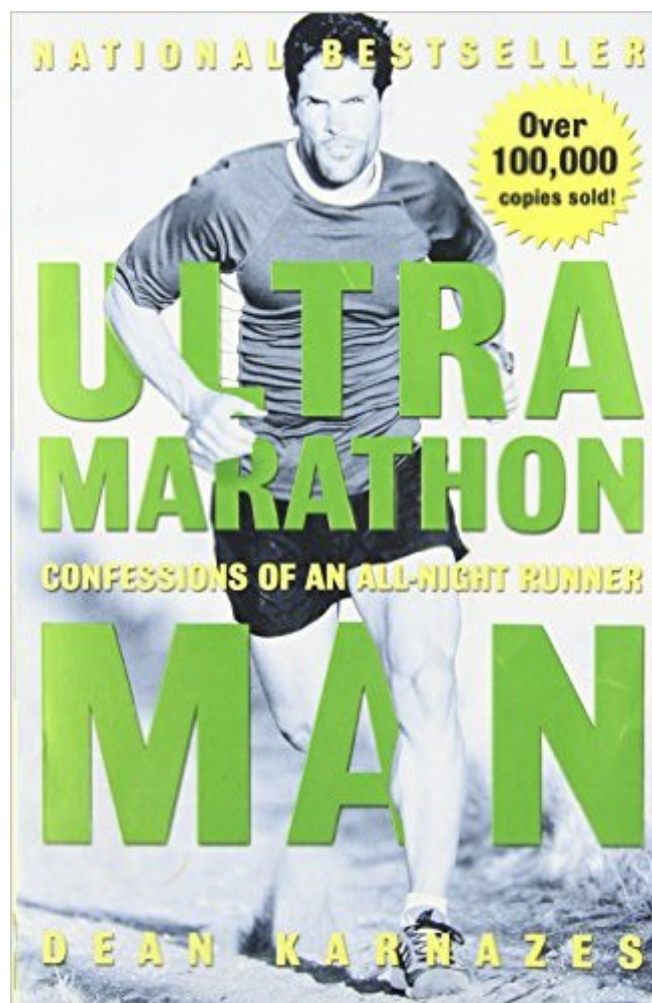


The book was found

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

Paperback: 295 pages

Publisher: TarcherPerigee; Reprint edition (March 2, 2006)

Language: English

ISBN-10: 1585424803

ISBN-13: 978-1585424801

Product Dimensions: 5.2 x 0.6 x 8 inches

Shipping Weight: 7 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars Â Â See all reviews Â (385 customer reviews)

Best Sellers Rank: #96,753 in Books (See Top 100 in Books) #37 in Â Books > Sports & Outdoors > Extreme Sports #228 in Â Books > Health, Fitness & Dieting > Exercise & Fitness > Running & Jogging #516 in Â Books > Biographies & Memoirs > Sports & Outdoors

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 Forest 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.

[Download to continue reading...](#)

Ultramarathon Man: Confessions of an All-Night Runner
Runner's World Run Less, Run Faster:Â Become a Faster, Stronger Runner with the Revolutionary 3-Run-a-Week Training Program
Retrofitting Blade Runner: Issues in Ridley Scott's Blade Runner and Phillip K. Dick's Do Androids Dream of Electric Sheep?
Maze Runner el comienzo: Virus letal (Spanish Edition) (Maze

Runner Trilogy) Runner's World Training Journal: A Daily Dose of Motivation, Training Tips & Running Wisdom for Every Kind of Runner--From Fitness Runners to Competitive Racers Runner's World The Runner's Body: How the Latest Exercise Science Can Help You Run Stronger, Longer, and Faster Runner's World Run Less, Run Faster: Become a Faster, Stronger Runner with the Revolutionary FIRST Training Program Confessions of an Unlikely Runner: A Guide to Racing and Obstacle Courses for the Averagely Fit and Halfway Dedicated Nowhere Near First: Ultramarathon Adventures From The Back Of The Pack Training Essentials for Ultrarunning: How to Train Smarter, Race Faster, and Maximize Your Ultramarathon Performance Hal Koerner's Field Guide to Ultrarunning: Training for an Ultramarathon, from 50K to 100 Miles and Beyond Every Man's Marriage: An Every Man's Guide to Winning the Heart of a Woman (The Every Man Series) IRON MAN, VOL. 1: 1963-1980: Every Marvel IRON MAN Comic Book Cover From 1963 (Tales Of Suspense #39) And The 1968 Series (IRON MAN COMIC BOOK COVERS) The Confessions of Congressman X: A disturbing and shockingly frank tell-all of vanity, greed and deceit The Night Before the Night Before Christmas Five Nights at Freddy's Ultimate Game Guide: How to Survive the Night with Strategies, Secrets, Hints, Tips & Tricks (Five Night's at Freddy's 1, 2, 3, 4 Handbook for Android, iOS & Online Play) Cold Night Warm Belly: 35 Chicken, Beef, and Pork Slow Cooker Recipes For the Meat Lover (Cold Night Warm Belly Slow Cooker Recipes) Sleeping Through the Night, Revised Edition: How Infants, Toddlers, and Their Parents Can Get a Good Night's Sleep HOW TO BECOME A NIGHT SHIFT WARRIOR: A HOW TO GUIDE ABOUT WORKING THE NIGHT SHIFT Twelfth Night, or What You Will: The Oxford Shakespeare Twelfth Night, or What You Will (Oxford World's Classics)

[Dmca](#)