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ULTRA MARATHON

CONFESSIONS OF AN ALL-NIGHT RUNNER

MAN

DEAN KARNAZES

Resumo de Ultramarathon Man

As an athlete, ultrarunning legend (Men's Journal) Dean Karnazes has run 350 miles without rest and is probably the first person to eat an entire pizza while running. As an author, he has inspired countless couch potatoes to get off the couch, cancel the cable, and start running.

In September, Karnazes embarks on his most monumental feat ever, The North Face Endurance 50. Beginning September 17 (at the Lewis & Clark Marathon in St. Charles, Missouri), Dean will run fifty marathons (each marathon is 26.2 miles) in fifty states on fifty consecutive days.

The North Face Endurance 50 will culminate with Dean's run in the New York City Marathon on November 5. Promotional blow-in cards for this unprecedented run, sure to receive extraordinary media coverage, are inserted in this paperback edition of Ultramarathon Man, which also includes a new epilogue with Dean's diet and training tips.

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