

Ultramarathon Man Confessions Of An All Night Runner

The story of visionary American running coach Bob Larsen’s mismatched team of elite California runners who would win championships and Olympic glory in a decades-long pursuit of the epic run. In the dusty hills above San Diego, Bob Larsen became America’s greatest running coach. Running to the Edge is a riveting account of Larsen’s journey, and his quest to discover the unorthodox training secrets that would lead American runners to breakthroughs never imagined. Futterman interweaves the dramatic stories of Larsen’s runners with a fascinating discourse on the science behind human running, as well as a personal running narrative that follows Futterman’s own checkered love-affair with the sport. The result is a narrative that will speak to every runner, a story of Larsen’s triumphs—from high school cross-country meets to the founding of the cult-favorite, 70’s running group, the Jamul Toads; from his long tenure as head coach at UCLA to the secret training regimen of world champion athletes like Larsen’s protégé, Meb Keflezighi. Running to the Edge is a page-turner . . . a relentless crusade to run faster, farther.

Everyone can run. It is the simplest of sports, requiring only a pair of trainers and the open road. Its simplicity is part of its beauty. But why do we do it? Obsessive amateur runner Robin Harvie wants to understand what makes him run mile after mile, venturing far from home into remote places, and into the solitude of his own mind, pushing himself to the limit and beyond. Is it to break out of the clutter of his everyday life, into a freedom in which he has only himself to rely upon? Is it to affirm his own will, conquering his fatigue? Is it a fundamental instinct, inseparable from what it is to be human? In examining the lure of long-distance running, Robin speaks to famous runners, explores the literature of running and recounts his own experiences. His feats of running culminate in an effort to run the Spartathlon, retracing the 150 mile journey from Athens to Sparta made by Philippides in 490BC. Part memoir, part meditation, Why We Run is a compelling, rich and haunting account of what it is that makes us take to the road and learn what we are made of.

Charlie Engle’s “fascinating account of the high and low points of his life as an ultramarathon runner...is uplifting and inspirational” (Publishers Weekly) as he describes his globe-spanning races, his record-breaking run across the Sahara Desert, and how running helped him overcome drug addiction—and an unjust stint in federal prison. After a decade-long addiction to crack cocaine and alcohol, Charlie Engle hit bottom with a near-fatal six-day binge that ended in a hail of bullets. As Engle got sober, he turned to running, which became his lifeline, his pastime, and his salvation. He began with marathons, and when marathons weren’t far enough, he began to take on ultramarathons, races that went for thirty-five, fifty, and sometimes hundreds of miles, traveling to some of the most unforgiving places on earth to race. The Matt Damon-produced documentary, Running the Sahara, followed Engle as he lead a team on a harrowing, record breaking 4,500-mile run across the Sahara Desert, which helped raise millions of dollars for charity. Charlie’s growing notoriety led to an investigation and a subsequent unjust conviction for mortgage fraud for which he spent sixteen months in federal prison in Beckley, West Virginia. While in jail, Engle pounded the small prison track, running endlessly in circles. Soon his fellow inmates were joining him, struggling to keep their spirits up in dehumanizing circumstances. In Running Man, Charlie Engle tells the surprising, funny, and emotional story of his life, detailing his setbacks and struggles—from coping with addiction to serving time in prison—and how he blazed a path to freedom by putting one foot in front of the other. “A fast-paced, well-written account of a man who accepts pain, pushes beyond imagined limits, and ultimately finds redemption and peace” (Booklist), this is a raw and triumphant account about finding the threshold of human endurance, and transcending it.

The competitive sport of skyrunning is spreading throughout the world as new competitions and events are announced in countries across the globe. Emelie Forsberg, one of the most successful trail/sky runners in the world, shares her passion for running and how to get the most out of her body. Each chapter in the book, looks at ways to develop your skills, as well as immerse yourself in the moment. Emelie shares stories, recipes, yoga, techniques and strength training exercises as she shares her experiences from her career and from life. Sky Runner is about much more than running in the mountains, it’s about living an outdoors lifestyle and enjoying the thrill of running in nature. Most importantly Emelie shares how to listen to your body and build both your mental and physical strength sustainably. Regardless of whether you’re running three kilometres or 50 kilometres, this book will help improve your attitude to running and give it deeper meaning, while motivating you to be your best self. Sky Runner is filled with spectacular photographs taken by one of the world’s most legendary mountain athletes.

The Rise of the Ultra Runners

Runner's World Running on Air

My Life in Motion

50/50

One Man's Fundamentals for Delicious Living

A Story of Obsession

The Total Experience

Reliving the Ancient Battle and Epic Run That Inspired the World’s Greatest Footrace

Ultramarathons don't leave much room for mistakes. Don't learn the hard way; get a jump on training for an ultramarathon with Hal Koerner's Field Guide to Ultrarunning, a comprehensive guide to running 30 to 100 miles and beyond, written by one of the most experienced athletes in the sport. Hal Koerner is among America's top ultrarunners with podium results in more than 90 ultramarathons. In his smart, down-to-earth Field Guide, Koerner shares hard-earned wisdom, field-tested habits and practices, and reliable tips and guidelines to help you prepare for your most epic runs. You will read engaging stories of Koerner's own training and racing as well as insights and practical advice on trail running technique, proper fueling, race day game plans, and key mental strategies to carry you to the finish line. The guide offers three detailed training plans to prepare for 50K, 50-mile to 100K, and 100-mile ultramarathons.

*The story of America's greatest running legend. For five years, no American runner could beat him at any distance over a mile. But at the age of 24, with his best years still ahead, long-distance runner Steve Prefontaine finally lost. Driving alone at night after a party, Prefontaine crashed his sports car, putting a tragic, shocking end to the life and career of one of the most influential, accomplished runners of our time. More than 20 years later, Pre continues to influence the running world. From his humble origins in Coos Bay, Oregon, Pre became the first person to win four NCAA titles in one event. Year after year, he was virtually unbeatable. Instead of becoming one of the new breed of professional track athletes, Pre chose to stay amateur and fight for the adequate funding he felt American amateur athletes deserved. A man of incredible desire and energy, Pre trained relentlessly. In his drive to be the best, he spurred others to do their best. As one racer said, "He ran every race as if it were his last." But Pre not only touched runners; his exciting technique as well as his maverick lifestyle made him a favorite of the fans. A race with Prefontaine in it was automatically an event. His brief but brilliant life—documented by author Tom Jordan—is the tale of a true American hero. This is his story. "Some people create with words or with music or with a brush and paints. I like to make something beautiful when I run. I like to make people stop and say, 'I've never seen anyone run like that before.' It's more than just a race, it's style. It's doing something better than anyone else. It's being creative." —Steve Prefontaine *The e-book edition does not include photos*

“Welcome to what will undoubtedly be a whole new level of athleticperformance.”—Mark Allen, six-time winner of the Hawaii Ironman.

David Clark is a formerly obese alcoholic and fast food junkie who found a new life in running. Now, thirteen years after his transformation, he shares his inspiring story of taking running to the extreme edge of his physical and spiritual breaking points. Having run more than a hundred races, including the Leadville 100-Mile Trail Run and the Hardrock 100, David has achieved unimaginable success in the ultramarathon world, considering his humble start. From barely finishing his first 5k to running 100 miles in less than eighteen hours, David shatters the notion that the front of the pack is a birthright.Among his many outlandish adventures, David talks about doing ten epic events in one year to celebrate his tenth year of sobriety. This mind-bending year of running included running the Boston Marathon four times in one day, running 343 laps around a high school track and running 48 hours on a treadmill. You will feel like you are running alongside him as he navigates his vision quest—all the while hallucinating and breaking from reality in one of the most epic Badwater 135 race experiences ever told. David's story is raw, honest and pure adrenaline-laden inspiration as he shares his unique brand of Americana and Heavy Metal Buddhism. This book has far more to offer and than just miles travelled and mountains climbed. It's about trying to find a way station of balance somewhere in a world of extremes. It's about running to create a legacy and develop your own inner strengths. After reading Broken Open, you'll never doubt how strong you can be, how much you can endure, or whether or not you are capable of finding true happiness.

Training for an Ultramarathon, from 50K to 100 Miles and Beyond

Finding My Way While Running the Appalachian Trail

Slaying the Dragon

The secrets to super endurance

An Ultramarathoner's Story of Love, Loss, and a Record-Setting Run Across Ameri ca

Fat Man to Green Man

Nowhere Near First

My Unlikely Journey to Ultramarathon Greatness

From the author of the bestseller Eat and Run, a thrilling new memoir about his grueling, exhilarating, and immensely inspiring 46-day run to break the speed record for the Appalachian Trail. Scott Jurek is one of the world's best known and most beloved ultrarunners. Renowned for his remarkable endurance and speed, accomplished on a vegan diet, he's finished first in nearly all of ultrarunning's elite events over the course of his career. But after two decades of racing, training, speaking, and touring, Jurek felt an urgent need to discover something new about himself. He embarked on a wholly unique challenge, one that would force him to grow as a person and as an athlete: breaking the speed record for the Appalachian Trail. North is the story of the 2,189-mile journey that nearly shattered him. When he set out in the spring of 2015, Jurek anticipated punishing terrain, forbidding weather, and inevitable injuries. He would have to run nearly 50 miles a day, every day, for almost seven weeks. He knew he would be pushing himself to the limit, that comfort and rest would be in short supply -- but he couldn't have imagined the physical and emotional toll the trip would exact, nor the rewards it would offer. With his wife, Jenny, friends, and the kindness of strangers supporting him, Jurek ran, hiked, and stumbled his way north, one white blaze at a time. A stunning narrative of perseverance and personal transformation, North is a portrait of a man stripped bare on the most demanding and transcendent effort of his life. It will inspire runners and non-runners alike to keep striving for their personal best. Whether you want to get moving, or keep moving, you need inspiration. Novice walkers and seasoned runners alike will find that inspiration, and so much more, in these stories written by those who know that the toughest step to take in any walk or run is the first. Beginning an athletic pursuit like running or walking for fitness takes a good deal of motivation, determination, and inspiration, all of which can be found in these 101 real-life stories. Written by people who took that all-important, and elusive, first step, these stories will not only help readers get off the couch and get moving, but they'll inspire even the most seasoned of athletes to keep moving. Coauthored by the famous ultramarathoner Dean Karnazes, who brings his own advice to readers, as well as stories from some of the best-known runners in the world.

In How to Lose a Marathon, Joel Cohen takes readers on a step-by-step journey from being a couch potato to being a couch potato who can finish a marathon. Through a hilarious combination of running tips, narrative, illustrations, and infographics, Cohen breaks down the misery that is forcing yourself to run. From chafing to the best times to run, explaining the phenomenon known as the “Oprah Line,” and exposing the torture that is a premarathon expo, Cohen acts as your satirical guide to every aspect of the runner’s experience. Offering both real advice and genuine commiseration with runners of all skill levels, How to Lose a Marathon lets you know that even if you believe that the “runner’s high” is a complete myth, you can still survive all 26.2 miles of a marathon.

In 2007, Chrissie Wellington shocked the triathlon world by winning the Ironman World Championships in Hawaii. As a newcomer to the sport and a complete unknown to the press, Chrissie's win shook up the sport. A LIFE WITHOUT LIMITS is the story of her rise to the top, a journey that has taken her around the world, from a childhood in England, to the mountains of Nepal, to the oceans of New Zealand, and the trails of Argentina, and first across the finish line. Wellington's first-hand, inspiring story includes all the incredible challenges she has faced—from anorexia to near--drowning to training with a controversial coach. But to Wellington, the drama of the sports also presents an opportunity to use sports to improve people's lives. A LIFE WITHOUT LIMITS reveals the heart behind Wellington's success, along with the diet, training and motivational techniques that keep her going through one of the world's most grueling events.

The Inspiring Story of an American Champion's Long-Distance Quest to Achieve a Big Dream

In It for the Long Run

The Road to Sparta

Sky Runner

From Unfit to Ultramarathon

101 Stories for Runners & Walkers to Get You Moving

Running on Empty

Breaking records and getting FKT

The incredible true story of Meb Keflezighi, winner of the 2014 Boston Marathon! When Meb Keflezighi signed up to run the Boston Marathon in 2014, no one expected him to be the first to cross the finish line. But if theres one thing Meb knows how to do, its overcome. Yet Meb is the living embodiment of the American dream. His family came to the U.S. to escape poverty and a violent war; 12-year-old Meb spoke no English at the time and had never raced a mile. Thanks to hard work and determination, he excelled academically and became an Olympic silver medalist. But it all came crashing down when Meb, a favorite for the Beijing Olympics, fractured his hip and pelvis during the trials and was left literally crawling. That same day, he lost his close friend and fellow marathoner to a cardiac arrest. Devastated, Meb was about to learn whether his faith in God, the values his parents had taught him, and his belief that he was born to run were enough to see him through. Run to Overcome is the story of a true American champion who discovered the real meaning of victory against all odds. Now with an updated chapter after Mebs amazing finish in Boston.

Long before Cory Reese strapped on his first pair of running shoes, he learned the key to being a successful ultrarunner: He knew how to suffer. In "Nowhere Near First," Cory shares his deeply personal story about experiencing his father's suicide at a young age, and how this led to a career in endurance running and a desire to live life to the fullest. "Nowhere Near First" is a humorous, captivating, and uplifting account of Cory's memorable ultramarathon experiences. Not only does Cory's entertaining and powerful writing allow readers a unique perspective into the challenges and rewards of running, but it also inspires each of us to turn tragedy into triumph. "Cory Reese writes with humor, humbleness and honesty. His story is both uplifting and real, and his tales of persistence and perseverance are sure to inspire, whether you're at the front of the pack or nowhere near first. Regardless of the title, this book's a winner!"~ Dean Karnazes, author of Ultramarathon Man: Confessions of an All-Night Runner "Cory Reese's book, Nowhere Near First, is an immensely entertaining and profoundly educational story about overcoming challenges to forge a meaningful life. Reese's story is must-read for people looking to find meaning and purpose in modern-day society." ~ Karl Hoagland, Publisher, UltraRunning Magazine "Cory has penned a very personal account of overcoming hardship in his personal and athletic life. Nowhere Near First tells his story of perseverance and survival in a vivid, down and dirty way that peaks with his extraordinarily positive way of looking at life."~ Marshall Ulrich, author of Running On Empty: An Ultramarathoner's Story of Love, Loss, and a Record-Setting Run Across America

Ultrarunning legend Dean Karnazes has run 262 miles - the equivalent of ten marathons - without rest. He has run over mountains, across Death Valley, to the South Pole, and is probably the first person to eat an entire pizza while running. With an insight, candour and humour rarely seen in sports memoirs, Ultramarathon Man has inspired tens of thousands of people - nonrunners and runners alike - to push themselves beyond their comfort zones and simply get out there and run. Ultramarathon Man answers the questions Karnazes is continually asked: - Why do you do it? - How do you do it? - Are you insane? and the follow-up queries: - What, exactly, do you eat? - How do you train to stay in such good shape?

An electrifying look inside the wild world of extreme distance running. Once the reserve of only the most hardcore enthusiasts, ultra running is now a thriving global industry, with hundreds of thousands of competitors each year. But is the rise of this most brutal and challenging sport—with races that extend into hundreds of miles, often in extreme environments—an antidote to modern life, or a symptom of a modern illness? In The Rise of the Ultra Runners, award-winning author Adharanand Finn travels to the heart of the sport to investigate the reasons behind its rise and discover what it takes to join the ranks of these ultra athletes. Through encounters with the extreme and colorful characters of the ultramarathon world, and his own experiences of running ultras everywhere from the deserts of Oman to the Rocky Mountains, Finn offers a fascinating account of people testing the boundaries of human endeavor.

Run to Overcome

Why We Run

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Ultramarathon Man

Why You're Not Too Fat to Run and the Skinny on How to Start Today

Hal Koerner's Field Guide to Ultrarunning

A Band of Misfits and the Guru Who Unlocked the Secrets of Speed

How Running Makes Us Human

Running is not just a sport. It reconnects us to our bodies and the places in which we live, breaking down our increasingly structured and demanding lives. It allows us to feel the world beneath our feet, lifts the spirit, lets our minds out to play, and helps us to slip away from the demands of the modern world. When Vybarr Cregan-Reid set out to discover why running means so much to so many, he began a journey which would take him out to tread London's cobbled streets, the boulevards of Paris, and down the crumbling alleyways of Ruskin's Venice. Footnotes transports you to the deserted shorelines of Seattle, the giant redwood forests of California, and to the world's most advanced running laboratories and research centers. Using debates in literature, philosophy, neuroscience, and biology, this book explores that simple human desire to run. Liberating and inspiring, Footnotes reminds us why feeling the earth beneath our feet is a necessary and healing part of our lives.

Renowned running coach Budd Coates presents Runner's World Running on Air, a revolutionary yet simple training method based on rhythmic breathing to help runners at all experience levels improve their performance, prevent injury, and experience the joy of running. Validating his method through a mix of accessible science, Eastern philosophy, and the experiences of test subjects, Coates shows readers how focusing on their breathing brings their minds and bodies into harmony and helps them run stronger, faster, and more comfortably. Rhythmic breathing increases lung volume; improves awareness and control; helps prevent injury and side stitches; improves running for those with asthma; allows runners to quickly set a pace for quality training and racing; and helps athletes manage muscle cramps. This book reviews the basics of rhythmic breathing, teaching readers how to perform it while walking and, eventually, while running. Weeklong sample schedules from different programs shows readers how to apply the rhythmic breathing scale to any workout. Coates also touches on the importance of stretching, cross-training, and core training and provides detailed training plans and schedules.

An influential ultra-marathoner shares the stories of his athletic achievements in some of the world's most exotic and inhospitable regions, where he pushed the limits of human endurance in profound and humorous ways. 40,000 first printing.

The Olympic track and field athlete relates his road to victory and offers advice for obtaining similar goals

Secrets I Learned Running 50 Marathons in 50 Days--And How You Too Can Achieve Super Endurance!

Not Your Average Runner

A Memoir

Finding Strength, Happiness and Balance in Your Running

Running Man

A World Champion's Journey

Personal Encounters With the Ultramarathon

North

Recounts how the author, after realizing the daunting state of his health at age forty, overcame physical challenges and alcoholism over the course of two years while training for Hawaii's elite Ultraman competition.

Training book for ultramarathon

The author of the Runner's Day-by-Day Log and Calendar takes readers and runners into the world of running, portraying the sport as pure, simple, and spiritually complex. Reprint.

WHAT'S IT LIKE TO RUN FOR 30, 50, OR 100 MILES? This book is a great inspiration not only to current ultrarunners, and to marathoners looking for the next challenge—but also to runners of all abilities, who will see that there is nothing you can't do if you have the desire. What makes ultrarunners tick? What goes through their minds at mile 93? How can you train for such a colossal undertaking? These questions and many more are answered in this inspiring collection of 39 personal stories from ultramarathoners. Ultramarathoning is the logical next step for those who burn with a desire to explore their limits, and beyond. It is impossible to run ultra distances without coming away with at least one fascinating story. This book is full of them. There are stories of fatigue, blisters, nausea, and despair. But the ultrarunner prevails to find hope, love, healing, self-discovery, friendship, selflessness, and in the end, for most, triumph. Learn what it feels like to run an ultra from the champions, the newcomers, and the veterans of the sport. A few brief excerpts: "I left Edinburg witnessing my second sunrise on this run. Most ultrarunners dread dawn—the hours from 4:00 to 6:00 a.m.—primarily because this is when fatigue sets in." —Keith Knipling "It would be hours before we'd see the first aid station, and probably close to two days before we'd have dry feet again!" —Deb Pero "I'm 95 miles into a 100-miler, it's over 100 degrees out, my legs are shot, I'm a few scant minutes ahead of Ann and Gabriel, and my pacer is stopped dead in the trail for fear of a skunk?" —Tim Twietmeyer "Ultrarunning is without question the most feared aspect of adventure racing." —Ian Adamson "The urge to quit right there was overwhelming, but I was still in the race. Perhaps a miracle would happen and I could get in under the four hours it would take to make the next cutoff. I thanked the aid station captain and plunged into the darkness." —Will Brown "It was time to put all the viable excuses aside and look inside." —Tracy Baldyga "I think I quit about 20 times during the race, mostly between the time the sun went down and the time that I finally walked away. Reality sets in when it gets dark. The trail gets lonely." —Jason Hodde "During every race you are faced with a moment of truth, a point in the race when you either quit or persevere to the end. Every person who finishes an ultramarathon has accomplished a great feat, simply because they finished." —Bethany Hunter

Rejecting Middle Age, Becoming One of the World's Fittest Men, and Discovering Myself

Road to Sparta

How to Turn Your Small Steps to Great Feats

Running to the Edge

Chicken Soup for the Soul: Running for Good

Running Through the Wall

A Starter's Guide to Finishing in 26.2 Chapters

The Story of America's Greatest Running Legend, Steve Prefontaine

The Road to Sparta is the story of the 153-mile run from Athens to Sparta that inspired the marathon and saved democracy, as told—and experienced—by ultramarathoner and New York Times bestselling author Dean Karnazes. In 490 BCE, Pheidippides ran for 36 hours straight from Athens to Sparta to seek help in defending Athens from a Persian invasion in the Battle of Marathon. In doing so, he saved the development of Western civilization and inspired the birth of the marathon as we know it. Even now, some 2,500 years later, that run stands enduringly as one of greatest physical accomplishments in the history of mankind. Karnazes personally honors Pheidippides and his own Greek heritage by recreating this ancient journey in modern times. Karnazes even abstains from contemporary endurance nutrition like sports drinks and energy gels and only eats what was available in 490 BCE, such as figs, olives, and cured meats. Through vivid details and internal dialogs, The Road to Sparta offers a rare glimpse into the mindset and motivation of an extreme athlete during his most difficult and personal challenge to date. This story is sure to captivate and inspire—whether you run great distances or not at all.

Parks and Recreation actor and Making It co-host Nick Offerman shares his humorous fulminations on life, manliness, meat, and much more in this New York Times bestseller. Growing a perfect moustache, grilling red meat, wooing a woman—who better to deliver this tutelage than the always charming, always manly Nick Offerman, best known as Parks and Recreation’s Ron Swanson? Combining his trademark comic voice and very real expertise in woodworking—he runs his own woodshop—Paddle Your Own Canoe features tales from Offerman’s childhood in small-town Minooka, Illinois—“I grew up literally in the middle of a cornfield”—to his theater days in Chicago, beginnings as a carpenter/actor and the hilarious and magnificent seduction of his now-wife Megan Mullally. It also offers hard-bitten battle strategies in the arenas of manliness, love, style, religion, woodworking, and outdoor recreation, among many other savory entrees. A mix of amusing anecdotes, opinionated lessons and rants, sprinkled with offbeat gaiety, Paddle Your Own Canoe will not only tickle readers pink but may also rouse them to put down their smart phones, study a few sycamore leaves, and maybe even hand craft (and paddle) their own canoes.

“A Runner’s High wakes up the appetite to run long distances. Dean takes us on a lifelong journey of ultramarathons, through the ups and downs, the friendships and lonely moments, and the struggles and rewards of each race. Dean writes in a direct and intimate way that keeps us reading like he runs—without stopping.”—Kilian Jornet, author of Above the Clouds and world champion ultramarathoner “A Runner’s High is a powerful narrative on life, running and finding meaning through perseverance. Every runner should read this book.”— Jason Koop, Coach and bestselling author New York Times bestselling author and ultramarathoning legend Dean Karnazes has pushed his body and mind to inconceivable limits, from running in the shoe melting heat of Death Valley to the lung freezing cold of the South Pole. He’s raced and competed across the globe and once ran 50 marathons, in 50 states, in 50 consecutive days. In A Runner’s High, Karnazes chronicles his extraordinary adventures leading up to his return to the Western States 100-Mile Endurance Run in his mid-fifties after first completing the race decades ago. The Western States, infamous for its rugged terrain and extreme temperatures, becomes the most demanding competition of Karnazes’s life, a physical and emotional reckoning and a battle to stay true to one’s purpose. Confronting his age, his career path, and his life choices, we see Karnazes as we never have before. For Karnazes, the running experience is about the runner and the trail. It is not the sum of achievements but a story that continues to be told each day, with each step. A Runner’s High is at once an endorphin-fueled adventure and a love letter to the sport from one of its most celebrated ambassadors that will leave both casual and serious runners cheering.

117 marathons, 52 days, 32 pairs of shoes, 57 years old: A fascinating glimpse inside the mind of an ultramarathon runner and the inspirational saga of his phenomenal journey running across America. The ultimate endurance athlete, Marshall Ulrich has run more than 100 foot races averaging over 100 miles each, completed 12 expedition-length adventure races, and ascended the Seven Summits – including Mount Everest – all on his first attempt. Yet his run from California to New York– the equivalent of running two marathons and a 10K every day for nearly two months straight – proved to be his most challenging effort yet. Featured in the recent documentary film, Running America, Ulrich clocked the 3rd fastest transcontinental crossing to date and set new records in multiple divisions. In Running on Empty, he shares the gritty backstory, including brushes with death, run-ins with the police, and the excruciating punishments he endured at the mercy of his maxed-out body. Ulrich also reached back nearly 30 years to when the death of the woman he loved drove him to begin running – and his dawning realization that he felt truly alive only when pushed to the limits. Filled with mind-blowing stories from the road and his sensational career, Ulrich's memoir imbues an incredible read with a universal message for athletes and nonathletes alike: face the toughest challenges, overcome debilitating setbacks, and find deep fulfillment in something greater than achievement Watch a Video

Finding Ultra

Run or Die

The Elements of Effort

How to Lose a Marathon

50 Marathons 50 Days

Eat & Run

Broken Open: Mountains, Demons, Treadmills and a Search for Nirvana

Training Essentials for Ultrarunning– Second Edition

In the fall of 2006, Dean Karnazes, known as the "Lance Armstrong of the running world," took on the ultimate challenge: running 50 marathons in 50 states in 50 consecutive days. Dean set off in a caravan packed with fellow runners, with nothing more than a roadmap and a determination that defied all physical limitations. This book goes beyond the story of those 50 marathons: it is a firsthand account of what happens when your body defies all limitations, and it is a story of what it's like to push the limits of strength under grueling conditions. This book also reveals Dean's secrets and training tips, including what to do when you hit a wall, how to adapt quickly to drastic terrain, how to get motivated after a really tough day, and diet and exercise tips to improve your own best time.

Ultramarathon ManConfessions of an All-Night RunnerPenguin

Despite believing he was bionic as a child, Ira Rainey was far from an elite athlete with superhuman running abilities like the ones he read about in books. He was in fact an overweight and unfit slacker who felt a bit sorry for himself because he had sore feet. Sure he ran a bit, but he also sat around a lot and ate and drank too much. Why? Because he could, and because he was a delusional optimist who thought everything would always be just fine. That was until a friend was diagnosed with terminal cancer and given months to live. It was an event that would push Ira to tackle his apathy towards life and take on the challenge of becoming an ultramarathon runner, pushing himself to go further than he had ever gone before. Award winning, Fat Man to Green Man: From Unfit to Ultramarathon is a warm and humorous account of one man's quest to uncover his true super powers as he journeys from fat to fit, and taking in everything that came between the two. It is a story of fields and friendships: mud and rain, but more importantly learning how to push yourself to achieve what you would never believe you could – and how to deal with the consequences. Fat Man to Green Man won the silver award for running books in The 2014 Running Awards, an award voted for by runners. Ira Rainey, with Fat Man to Green Man, was also a shortlisted finalist in the New Writer of the Year in The British Sports Book Awards 2014. "Ira Rainey's lifestyle transformation is an extraordinary example of what can be accomplished with passion and conviction. Fat Man to Green Man is an inspirational story of how the seemingly impossible can come true. A must-read for anyone looking to make a positive change." - Dean Karnazes – World-renowned endurance athlete and NY Times bestselling author "Rainey is proof that ultradistance races can be completed by middle-aged mortals and not just extreme endurance athletes with a penchant for pain." - Men's Fitness Magazine "The ending? It's not what you will expect, but it will see you re-appraise everything in life you thought was certain. We think you will be inspired and, like us, are certain you may lose a few tears before you reach it." - Running Fitness Magazine "It's an inspirational tale of Ira's battle with inner demons and ill health...I felt as if I was right beside him..." - Trail Running Magazine "So many things are covered here, the back to back training runs, the speed work (I was actually a bit intimidated by how fast he can knock out a 5K), the nutrition and weight loss and dealing with injury and recovery. He discovered that he was not bionic but overall he was very capable of running long distances and recalling the tales very vividly."- James Adams – Ultramarathon runner and author of Running and Stuff "At times laugh out loud funny, at others quite poignant (the parts where Ira faces the impending loss of a dear friend are especially touching) this book is a fun take on one man's journey to becoming an ultra runner, and finding himself in the process." - UltrarunnerPodcast "Dean Karnazes taught us about what it takes to be at the very top of ultra running, wowing us in the process while Ira, inspired by Dean, gives us an insight of ultra running that the rest of us could aspire to." - The Running Stories

The ultrarunning legend takes on the ultimate test of endurance: running 50 marathons in 50 days.

Ultramarathon Adventures from the Back of the Pack

A Journey to the Edge of Human Endurance

Chicken Soup for the Soul: Runners

26.2 Stories of Blisters and Bliss

The Big Book of Endurance Training and Racing

A Life Without Limits

Run!

Run or Die has descriptive copy which is not yet available from the Publisher.

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?

Traces the author's remarkable career while revealing the influence of his vegan lifestyle, describing his transition from a Midwestern hunter to a record-breaking athlete.

[Karnazes'] spirited memoir . . . can help mere mortals who want to push past their perceived limits or simply jump-start their sedentary lives.' - Chicago Tribune WHY DO YOU DO IT? HOW DO YOU DO IT? ARE YOU INSANE? Dean Karnazes is an internationally recognised endurance athlete who has pushed his body and mind to inconceivable limits. In this remarkable memoir, he recounts the personal events that have led to him becoming an extraordinary athlete. The seeds of his talents were seen early - at the age of nine he rode his bike alone over fifty miles to his grandmother's house. As an adult, he's taken part in a marathon across Death Valley, a 200 mile, twelve-person relay race (which he ran solo, of course) and one of the biggest and most controversial challenges of all - the first marathon ever run to the South Pole. In Ultramarathon Man, Dean recounts all these races and other unbelievable achievements. He introduces us to the sometimes bizarre emotional and psychological make-up of endurance runners, as well as the peculiar mores surrounding the subculture of ultra-endurance athleticism. The book is filled with fascinating characters and situations from the touching (how his running helped to pull his family back together) to the absurd (organising to meet the

pizza delivery man on the highway during his run!). Dean's story will amaze, fascinate and inspire even the most comfortable couch potatoes. And in a new epilogue, Karnazes answers the two questions he's most often asked: What, exactly, do you eat and how do you train to stay in such good shape?

Footnotes

101 Inspirational Stories of Energy, Endurance, and Endorphins

Paddle Your Own Canoe

Confessions of an All-Night Runner

Running & Being

A Runner's High

Reflections on the Art and Science of Running

The Revolutionary Way to Run Better by Breathing Smarter

A New York Times bestseller for 14 weeks in 1978, *Running & Being* became known as the philosophical bible for runners around the world. More than thirty years after its initial publication, it remains every bit as relevant today. Written by the late, beloved Dr. George

Sheehan, *Running & Being* tells of the author's midlife return to the world of exercise, play and competition, in which he found "a world beyond sweat" that proved to be a source of great revelation and personal growth. But *Running & Being* focuses more on life than it does,

specifically, on running. It provides an outline for a lifetime program of fitness and joy, showing how the body helps determine our mental and spiritual energies. Drawing from the words and actions of the great athletes and thinkers throughout history, Sheehan ties it all

together with his own philosophy on the importance of fitness and sport, as well as his knowledge of training, injury prevention, and race competition. Above all, Sheehan describes what it means to experience the oneness of body and mind, of self and the universe. In this,

Sheehan argues, we have the power to discover "the truth that makes men free."

We Can't Run Away From This, the new book by bestselling author Damian Hall, is now available for pre-order. In *It for the Long Run* is ultrarunner Damian Hall's story of his Pennine Way record attempt in July 2020. In July 1989, Mike Hartley set the Fastest Known Time

(FKT) record for the Pennine Way, running Britain's oldest National Trail in a little over two days and seventeen hours. He didn't stop to sleep, but did break for fifteen minutes for fish and chips. Hartley's record stood for thirty-one years, until two attempts were made

on it in two weeks in the summer of 2020. First, American John Kelly broke Hartley's record by less than an hour, then Hall knocked another two hours off Kelly's time. Hall used his record attempt to highlight environmental issues: his attempt was carbon negative, he used

no plastics, and he and his pacing runners collected litter as they went, while also raising money for Greenpeace. A vegan, Hall used no animal products on his attempt. Scrawled on his arm in permanent marker was 'FFF', signifying the three things that matter most to him:

Family, Friends, Future. Packed with dry wit and humour, *In It for the Long Run* tells of Hall's four-year preparation for his attempt, and of the run itself. He also gives us an autobiographical insight into the deranged world of midlife crisis ultramarathon running and

record attempts.

Runners will love these inspirational stories about their sport -- the camaraderie, the self-discipline, the energy and endorphins they enjoy, the self-discovery. Includes stories on swimming and cycling for triathletes too. When runners aren't running, they are talking

about running, planning their next run, shopping for running... This book contains 101 stories from everyday and famous runners... telling their stories to other runners... about how running has improved their lives, recovering from injuries, challenging themselves, and

includes amazing stories of marathons, camaraderie, and the natural high that comes from this popular sport. Plenty of stories for triathletes too, covering swimming and cycling.

Do you think running sucks? Do you think you're too fat to run? Look no further, *Not Your Average Runner* is for everyone. With humor, compassion, and lots of love, Jill Angie delivers the goods: overcoming the challenges of running with an overweight body and giving

individuals self-esteem an enormous boost in the process. This isn't a guide to running for weight loss, or a simple running plan. It shows readers how a woman carrying a few (or many) extra pounds can successfully become a runner in the body she has right now. Jill Angie

is a certified running coach and personal trainer who wants to live in a world where everyone is free to feel fit and fabulous at any size. She started the *Not Your Average Runner* movement in 2013 to show that runners come in all shapes, sizes and speeds, and, since then,

has assembled a global community of revolutionaries that are taking the running world by storm. If you would like to be part of the revolution, flip to the inside and find out more!