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Ultramarathon Man

Confessions Of An All Night

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Confessions Of An All Night Runner

The story of visionary American
running coach Bob Larsen's

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Confessions Of An All Night
Runner

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

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Runner

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

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fascinating discourse on the science behind human running, as well as a personal running narrative that follows Futterstockman'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

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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

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page-turner . . . a relentless crusade to run faster, farther.

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

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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*

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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

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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. Do you think running sucks? Do you

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Runner

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

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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

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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

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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!

WHAT'S IT LIKE TO RUN FOR 30,

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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

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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

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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.

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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

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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

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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

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□ 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

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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

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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

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ultramarathon has accomplished a great feat, simply because they finished.□

□Bethany Hunter

The Story of America's Greatest

Running Legend, Steve Prefontaine

A Story of Obsession

How Running Makes Us Human

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

North

Running to the Edge

Chicken Soup for the Soul: Runners

101 Stories for Runners & Walkers to

Get You Moving

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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

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Runner

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

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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

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Runner

one of the world's most grueling events.

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.

The author of the Runner's Day-by-Day Log and Calendar takes readers and

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Confessions Of An All Night

Runner

runners into the world of running, portraying the sport as pure, simple, and spiritually complex. Reprint.

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

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Confessions Of An All Night
Runner

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,

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Runner
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.

Running & Being

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Runner

The Road to Sparta

Breaking records and getting FKT

An Ultramarathoner's Story of Love,

Loss, and a Record-Setting Run Across

America

Why You're Not Too Fat to Run and

the Skinny on How to Start Today

A Life Without Limits

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Runner

Running Through the Wall

Run!

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

[Karnazes'] spirited

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Runner
**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

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Runner

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,

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Runner

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

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Confessions Of An All Night
Runner

*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*

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Runner

***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***

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Runner

*recounts all these races
and other unbelievable
achievements. He
introduces us to the
sometimes bizarre
emotional and
psychological make-up of*

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Runner

endurance runners, as well as the peculiar mores surrounding the subculture of ultra-endurance athleticism. The book is filled with fascinating characters and situations

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Runner

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

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Confessions Of An All Night
Runner

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,

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Runner

*exactly, do you eat and
how do you train to stay
in such good shape?*

*Parks and Recreation actor
and Making It co-host Nick
Offerman shares his
humorous fulminations on*

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Runner

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

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*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*

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Runner

***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***

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Runner

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

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Runner

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

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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

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Runner

*their smart phones, study
a few sycamore leaves, and
maybe even hand craft (and
paddle) their own canoes.
Renowned running coach
Budd Coates presents
Runner's World Running on*

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Air, a revolutionary yet simple training method based on rhythmic breathing to help runners at all experience levels improve their performance, prevent injury, and

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Runner

***experience the joy of
running. Validating his
method through a mix of
accessible science,
Eastern philosophy, and
the experiences of test
subjects, Coates shows***

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Runner

***readers how focusing on
their breathing brings
their minds and bodies
into harmony and helps
them run stronger, faster,
and more comfortably.***

Rhythmic breathing

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Runner

***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***

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***Runner
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***

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Runner
while walking and,
eventually, while running.

Weeklong sample schedules
from different programs
shows readers how to apply
the rhythmic breathing
scale to any workout.

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Runner

Coates also touches on the importance of stretching, cross-training, and core training and provides detailed training plans and schedules.

Running on Empty

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Confessions Of An All Night
Runner

***The secrets to super
endurance***

Why We Run

From Unfit to

Ultramarathon

Finding Strength,

Happiness and Balance in

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Your Running

Reliving the Ancient

Battle and Epic Run That

Inspired the World's

Greatest Footrace

Hal Koerner's Field Guide

to Ultrarunning

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Confessions Of An All Night

A World Champion's Journey

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

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Confessions Of An All Night

Runner

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

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Runner
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-

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Runner

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

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Runner

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

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Runner

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

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Runner

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

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Runner

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

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athletes and nonathletes
alike: face the toughest
challenges, overcome
debilitating setbacks, and
find deep fulfillment in
something greater than
achievement Watch a Video

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The competitive sport of skyrunning is spreading throughout the world as new competitions and events are announced in countries across the globe. Emelie Forsberg,

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Runner

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

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Runner

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

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Runner

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

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Runner

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

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Runner

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

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Confessions Of An All Night
Runner

filled with spectacular
photographs taken by one
of the world's most
legendary mountain
athletes.

Running is not just a
sport. It reconnects us to

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Runner

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,

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Runner

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,

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Runner

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

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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

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Runner

centers. Using debates in literature, philosophy, neuroscience, and biology, this book explores that simple human desire to run. Liberating and inspiring, Footnotes

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Runner

reminds us why feeling the earth beneath our feet is a necessary and healing part of our lives.

The Road to Sparta is the story of the 153-mile run from Athens to Sparta that

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Runner

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

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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

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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

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Runner

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

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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

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Runner

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

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personal challenge to date. This story is sure to captivate and inspire—whether you run great distances or not at all.

In It for the Long Run

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Confessions Of An All Night
Runner

The Revolutionary Way to
Run Better by Breathing
Smarter

Paddle Your Own Canoe

The Total Experience

Footnotes

Chicken Soup for the Soul:

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Runner

Running for Good

Ultramarathon Adventures

from the Back of the Pack

Confessions of an All-

Night Runner

“ Welcome to what will undoubtedly
be a whole new level of

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Runner

athletic performance.” —Mark Allen,
six-time winner of the Hawaii
Ironman.

Whether you want to get moving, or
keep moving, you need inspiration.

Novice walkers and seasoned runners
alike will find that inspiration, and so

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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

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Runner

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

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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.

The Olympic track and field athlete relates his road to victory and offers

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advice for obtaining similar goals

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

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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

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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

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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

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Runner

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

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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

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Confessions Of An All Night

Runner

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

Slaying the Dragon

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101 Inspirational Stories of Energy,
Endurance, and Endorphins

Road to Sparta

Ultramarathon Man

Runner's World Running on Air

A Starter's Guide to Finishing in 26.2

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Chapters A Runner's High

Charlie Engle's "fascinating account of the high and low points of his life as an ultramarathon runner...is uplifting and inspirational" (Publishers Weekly)

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Runner

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

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Runner

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,

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Runner

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

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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,

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Confessions Of An All Night
Runner

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

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Confessions Of An All Night
Runner

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

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Confessions Of An All Night

Runner

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.

In one of his most ambitious physical efforts to date, Dean

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Confessions Of An All Night

Runner
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

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Confessions Of An All Night

Runner

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

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Confessions Of An All Night
Runner

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

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Confessions Of An All Night

Runner

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

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Confessions Of An All Night

Runner
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?

Everyone can run. It is the simplest
of sports, requiring only a pair of

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Confessions Of An All Night

Runner

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,

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Confessions Of An All Night

Runner

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

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Runner

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

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Runner

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.

The incredible true story of Meb

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Runner

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

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Runner

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

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Confessions Of An All Night
Runner

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

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Runner

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.

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Confessions Of An All Night

Runner
Now with an updated chapter after
Mebs amazing finish in Boston.

Nowhere Near First

Fat Man to Green Man

Reflections on the Art and Science
of Running

The Rise of the Ultra Runners

Eat & Run

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Confessions Of An All Night

Runner

Run or Die
Finding My Way While Running the
Appalachian Trail

Secrets I Learned Running 50

Marathons in 50 Days--And How

You Too Can Achieve Super

Endurance!

Ultrarunning legend Dean

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Runner

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

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Confessions Of An All Night
Runner

*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*

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Confessions Of An All Night
Runner

*inspired tens of
thousands of people -
nonrunners and runners
alike - to push
themselves beyond their
comfort zones and simply
get out there and run.*

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Confessions Of An All Night
Ultramarathon Man
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*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: -*

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Confessions Of An All Night

Runner
What, exactly, do you
eat? - How do you train
to stay in such good
shape?

Ultramarathon

ManConfessions of an All-

Night RunnerPenguin

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Runner

*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*

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Confessions Of An All Night

Runner

in 50 consecutive days.

Dean set off in a

caravan packed with

fellow runners, with

nothing more than a

roadmap and a

determination that

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Confessions Of An All Night
Runner

*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*

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Runner

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

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Runner

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

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Confessions Of An All Night

Runner
*to improve your own best
time.*

*“A Runner’s High wakes
up the appetite to run
long distances. Dean
takes us on a lifelong
journey of*

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Confessions Of An All Night
Runner

*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*

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Confessions Of An All Night

Runner

way that keeps us

reading like he

runs—without

stopping.”—Kilian

Jornet, author of Above

the Clouds and world

champion ultramarathoner

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Confessions, Of An All Night
Runner

“A Runner's High is a powerful narrative on life, running and finding meaning through perseverance. Every runner should read this book.”— Jason Koop,

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Confessions Of An All Night
Runner

Coach and bestselling author New York Times bestselling author and ultramarathoning legend Dean Karnazes has pushed his body and mind to inconceivable limits,

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Confessions Of An All Night
Runner

*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*

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Confessions Of An All Night
Runner

*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*

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Confessions Of An All Night
Runner

*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*

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Confessions Of An All Night
Runner

*temperatures, becomes
the most demanding
competition of
Karnazes's life, a
physical and emotional
reckoning and a battle
to stay true to one's*

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Runner

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

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Confessions Of An All Night

Runner
*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-*

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Confessions Of An All Night
Runner

*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.*

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Confessions Of An All Night
Runner

*Rejecting Middle Age,
Becoming One of the
World's Fittest Men, and
Discovering Myself
Personal Encounters With
the Ultramarathon
Finding Ultra*

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Confessions Of An All Night
Runner

*A Band of Misfits and
the Guru Who Unlocked
the Secrets of Speed
Training Essentials for
Ultrarunning- Second
Edition*

Pre

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Confessions Of An All Night

Runner
*A Journey to the Edge of
Human Endurance*

50/50

A New York Times bestseller for 14 weeks in 1978, *Running & Being* became known as the philosophical bible for runners around the world.

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Runner

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

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Confessions Of An All Night

Runner

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

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Runner

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

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Runner

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

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Runner

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

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

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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

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Runner

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

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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

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Confessions Of An All Night
Runner

50K, 50-mile to 100K, and 100-mile ultramarathons.

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

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Confessions Of An All Night
Runner

training for Hawaii's elite Ultraman competition.

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

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Runner

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

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Runner

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

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Confessions Of An All Night
Runner

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

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Runner

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

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Confessions Of An All Night
Runner

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

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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

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personal best.

50 Marathons 50 Days

The Inspiring Story of an American

Champion's Long-Distance Quest to

Achieve a Big Dream

One Man's Fundamentals for

Delicious Living

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Sky Runner

Runner

The Elements of Effort

26.2 Stories of Blisters and Bliss

My Life in Motion

The Big Book of Endurance Training
and Racing

In How to Lose a Marathon,

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Confessions Of An All Night
Runner

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

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Confessions Of An All Night

tips, narrative,

Runner

illustrations, and

infographics, Cohen breaks

down the misery that is

forcing yourself to run.

From chafing to the best

times to run, explaining

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Runner

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

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Runner

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

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Runner

high" is a complete myth,
you can still survive all
26.2 miles of a marathon.
Despite believing he was
bionic as a child, Ira
Rainey was far from an
elite athlete with

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Runner

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.

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Runner

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

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Runner

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

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Runner

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

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Confessions Of An All Night

Man: From Unfit to

Runner

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

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Runner

everything that came
between the two. It is a
story of fields and
friendships; mud and maps;
but more importantly
learning how to push
yourself to achieve what

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Runner

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,

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Runner

an award voted for by runners. Ira Rainey, with Fat Man to Green Man, was also a shortlisted finalist for New Writer of the Year in The British Sports Book Awards 2014.

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"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

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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

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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.”

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- 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

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Runner

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

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Runner

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

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Runner

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

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Runner

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

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Runner

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

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Runner

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,

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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
David Clark is a formerly

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Runner

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

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Runner

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,

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Runner

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

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Runner

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

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Runner

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

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Runner

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

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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

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Runner

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

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Runner

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

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Runner

doubt how strong you can
be, how much you can
endure, or whether or not
you are capable of finding
true happiness.

Training book for
ultramarathon

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Confessions Of An All Night

Run to Overcome

A Memoir

Running Man

How to Lose a Marathon

Broken Open: Mountains,

Demons, Treadmills and a

Search for Nirvana

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Runner

How to Turn Your Small
Steps to Great Feats

Not Your Average Runner

My Unlikely Journey to

Ultramarathon Greatness

We Can't Run Away From This,

the new book by bestselling author

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Runner

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

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Confessions Of An All Night

Runner

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.

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Runner

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

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Runner

pace 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,

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Runner

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

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Confessions Of An All Night
attempts.

Runner
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

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Confessions Of An All Night

Runner

humorous ways. 40,000 first printing.

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

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Confessions Of An All Night
Runner

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

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Runner

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,

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Confessions Of An All Night
Runner

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

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Runner
of Ultramarathon Man: Confessions
of an All-Night Runner "Cory

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