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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 thirty-six hours straight from Athens to Sparta to seek help in defending Athens from a Persian invasion in the Battle of Marathon.

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In The Road to Sparta famed ultramarathoner Dean Karnazes explores the story of the world's first marathon, all while recreating the historic 153-mile run from Athens to Sparta in one of the most difficult ultra races in the world - the Spartathlon. In 490 BCE Pheidippides ran for 36 hours straight from Athens to Sparta to seek help in defending Athens from a Persian invasion. Pheidippides was hailed a hero, as he saved the development of Western civilization. The run stands enduringly as one of the greatest physical accomplishments in history. Karnazes honors Pheidippides and his Greek heritage by completing the treacherous course without the aid of modern endurance nutrition and only eating and drinking what would have been available in 490 BCE. Through vivid description and telling insights, The Road to Sparta offers readers a rare glimpse into the mind-set and motivation of an extreme athlete during his most difficult and personal challenge to date.

In his follow-up to the best-selling Ultra-Marathon Man, world-renowned ultra marathoner Dean Karnazes chronicles his unbelievable exploits and explorations in gripping detail; Karnazes runs for days on end without rest, across some of the most exotic and inhospitable places on earth, including the Australian Outback, Antarctica, and the back alleys of New Jersey. From the downright hilarious to the truly profound, the stories in Run! provide readers with the ultimate escape and offer a rare glimpse into the mindset and motivation of an extreme athlete, one who has, according to The Philadelphia Inquirer, "Not only pushed the envelope but blasted it to bits." Karnazes addresses pain and perseverance, and he also charts the emotional as he pushes to the edges of human achievement. The tales of the friendships he's cultivated on his many adventures around the world warm the heart, and are sure to captivate and inspire readers whether they run great distances, modest distances, or not at all. The hardcover edition was met with the enthusiastic support of Karnazes's devoted fan base, and word-of-mouth excitement as well as media coverage from LIVE! with Regis and Kelly brought the book to the attention of scores of new readers. Karnazes's colorful tales of his extreme running adventures are as entertaining as they are innately human, giving the book potential as a perennial paperback favorite.

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?

"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

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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.

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Presents a novel about high school football in a small Texas town, a place in which football has become a religion.

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.

Shares the uplifting tale of a record-breaking "ultra-marathon" runner, from his decision to break his own personal record and his competition in fifty marathons in fifty days throughout the country to his personal secrets for endurance training.

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