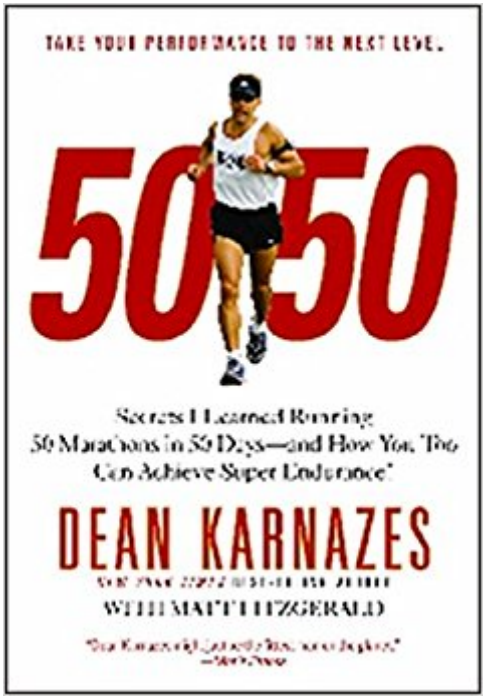
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50/50: Secrets I Learned Running 50 Marathons In 50 Days -- And How You Too Can Achieve Super Endurance!



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Synopsis

Dean Karnazes has run 350 continuous miles through three sleepless nights, ordered pizza during long runs, and inspired fans the world over with his adventures. So what does a guy like this do when he wants to face the ultimate test of endurance? He runs 50 marathons in 50 states-- in 50 consecutive days.With little more than a road map and a caravan packed with fellow runners and a dedicated crew, Dean set off on a tour that took him through a volcanic canyon in Maui in high humidity and 88-degree heat; to an elevation gain of almost 4,000 feet at the Tecumseh Trail Marathon in Bloomington, Indiana; to a severed moose leg found alongside an Anchorage, Alaska trail that compelled him to sprint for safety.Now in this heart-pounding book, Dean reveals how he pulled off this unfathomable feat with a determination that defied all physical limitations. But Dean goes beyond the story of the Endurance 50 marathons to share his invaluable secrets and advice for athletes of all levels. These are the tips that kept Dean going during the 1,310 miles he covered and 160,000 calories he burned while averaging sub-four-hour marathons and often sleeping fewer than four hours each night. Learn how to: Ã Â Recover more quicklyÃ Â Adapt to extreme conditionsÃ Â Prevent muscle cramps and overheatingÃ Â Pace yourself when you "hit the wall"Ã Â Stay motivatedPacked with practical advice and including training regimens, 50/50 will inspire you no matter what your fitness goal is, whether it’s simply walking around the block, running a 10K, or completing yet another Ironman.

Book Information

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Customer Reviews

"His new book appeals to a potentially broader audience [than his last]. It is packed with practical advice, from how to avoid getting sick during a race, to what to look for in shoes. Included are marathon-training plans for beginners and veterans." -Orange County Register"Perhaps the most interesting aspect of 50/50, though, is that rare peek into the mindset and motivation of an extreme athlete... and wondering, along with him, what's next." -Bookpage

Dean Karnazes has been called the "Quintessential Ultramarathoner" by Outside magazine. Winner of the 2004 Badwater Marathon in Death Valley, and recipient of the ESPN ESPY Award as the "Best Outdoor Athlete" of 2006, he is the author of the New York Times bestseller Ultramarathon Man. Dean lives with his wife and two children in San Francisco. His website is www.ultramarathonman.com.

I just finished reading Ultramarathon Man one or two weeks ago, and it was the most inspirational and motivating book for runners (and non runners) to read. So, I wanted more of Dean's work. Basically, 50/50 is a day to day account of each marathon that he ran in his 50 marathons in 50 days challenge. It was a great book, but it repeats a lot of info he put in Ultramarathon Man. Also, you kind of notice that he's starting to go from running as a passion to running as a career. He's starting to head down the "oh i'm so awesome" path of athletes. This book isn't horrible, but Karnazes isn't getting any better. It's not a bad buy.

Great stories and tips though not my favorite work from Dean. Still an AMAZING accomplishment in his long list of amazing accomplishments. Hard to even imagine the rare air in the ultra running community that Dean occupies. Make me feel like the meager marathon I crank out is just a walk in the park. No doubt Dean is a gifted physical specimen also possessing iron clad mental fortitude (10 Bad Waters...geezzzzzz). Keep em coming and I'll keep reading em!

It might seem impossible for any human being to run 50 marathons in 50 consecutive day and in each 50 USA state. Well its possible. Dean Karnazes did it. We all don't have the same gifts and what I have learned from reading this book is that... well its best described in a quote that he had in his latest book... "GIVING ANYTHING LESS THAN YOUR BEST IS TO SACRIFICE THE GIFT," this is a quote by Steve Prefontaine.And that is exactly it. He has a gift and he gives it his all. It is so motivating to see someone almost abuse a gift into lengths unimaginable by most. So what I took from this is that if you have a talent, whatever it is, whether it be cooking, or writing, or fixing cars...

give it your all. Give it all you have. Don’t sacrifice the gift.

Quality like his other books

For anyone who has run a marathon or is interested in running, this is a must- read. Apart from the incredible adventure of running 50 marathons in 50 days, the book is full of advice and tips gleaned from the author’s running experience.

I read this book with much enthusiasm. I enjoyed the stories and experiences that Dean has as he runs 50 marathons in 50 days in 50 states! As a novice marathon runner and an aspiring ultra runner I hoped to gain insight to Dean’s ability to seem not to require recovery. I found no "trick" to how Dean can sustain such a brutal regiment of running, be it running 50 marathons consecutively or doing punishing ultras like Badwater. What I got was a few pearls of wisdom that I have heard many times before from a multitude of different sources from my high school cross country coach to marathon runner blogs. Everything from, "don’t give up" to "stay hydrated" and so on. I have to say Dean’s attitude and outlook on family and life are as inspiring as his athletic ability.In summary, this book is recommended enjoyable and entertaining but not very informative.

I read The Ultra Marathon Man first. I just enjoyed that book so much. I was lucky enough that year to meet Dean in San Francisco when I was running the half there. I then did the Kiawah Island marathon (#44 for Dean) during his 50 in 50 days with the great group. I enjoyed the descriptions of the different events. There is a lot of humor, too in the 50 days on the road. It really gives you an appreciation of what he went through with the different weather and road conditions. I was disappointed, though, that "my" marathon wasn’t covered much more than a description of how he adjusted his shoes.Overall, though, I really loved the book. He’s a great guy and incredibly interesting, humble, and personable!

Very good book. Really easy to read and a lot of fun.

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