

# My Life on the Run by Bart Yasso (2008)

It documents his incredible adventures around the world while working for Runner's World. In 2001 he got Bell's palsy (Lyme disease from deer ticks) & recovered (90% of people make a full recovery). Lyme disease causes arthritis (especially in the knees), chronic muscle pain, memory loss & concentration difficulties. But when it returns in 2006 it ended his running.

1983 – He ran a 2:40 marathon at Boston.

1989 – He ran 146 miles at Badwater Ultra [Death Valley (-282 el) to Mt. Whitney (14,500 el). The temperature was as much as 117dF (160dF on the pavement) & had to change shoes every 10-miles due to heat.

1991 – He ran the Taj Mahal 5k race in India

1991 – He ran a 5-day 100-mile race in Nepal

1991 – He ran Pike's Peak Marathon (toughest marathon in the world)

1992 – He rode 3000-miles from Pacific to Atlantic (tail winds)

1992 – He ran a 22-mile relay with a drug rehab program

1997 – He ran a 5k naked at a nudist camp in OR

1997 – He hiked the 3-day (25-mile) trek up Mt. Kilimanjaro (16,000 el). He saw 1.7 million wildebeest migrate across the Serengeti.

1998 – He ran a 10k burro race in CO they can run a 3-minute mile or not at all)

1998 – He ran a Madagascar mtn race up a 10,000ft island (with US Mtn Running Team)

1999 – He ran Antarctica Marathon in 20dF

2001 – He got married & ran the Rome Marathon

2006 – He ran the Artic Marathon

80% of Indians are vegetarians since it takes 30 lbs of grain to produce 1-lb of meat. Drake Passage (between So. Amer. & Antarctica) has ocean swells up to 50 ft.

Try Hood to Coast Relay, OR; Smokey Mtn. Marathon, TN; Big Sur, CA; Royal Victoria Marathon, CN; Comrades S. Africa is the oldest & largest ultra marathon (56-mi).

Oct '94 Runner's World published his discovery about race predictions. 5 or 6 weeks before the marathon, do a track workout of 10 x 800 meters with a 400-meter jog between. You should be spent after the last repeat. The average of your 800 times is a good barometer of how fast you can run in the marathon--but in hours and minutes instead of minutes and seconds. To be safe add 5-minutes to your time (10 for a rookie).

Heroes: Sarah Reinertsen (amputee), Ryan Hall (1<sup>st</sup> American to run ½ marathon in < 1-hr), Billy Mills ('64 Olympic gold medalist in 10k), Mike Huckabee (pres candidate who lost 110-lb).

Books: The Complete Book of Running (Jim Fixx)

Bart Quotes: "Live simply so others can simple live."

"You can dwell on it or you can talk yourself into it."

"Runners are among the friendliest, most nonjudgmental people in the world."

"Running inspires creativity, relieves stree, & gives us insight into ourselves..."