

# Ultra-Marathon Man by Dean Karnazes (2005)

It all started on his 30<sup>th</sup> birthday when he got drunk & decided to go for a run. 1974 Gordy Ainsleigh came to the 100-mi horse race, but his horse was lame so he ran it on foot. The Western States [WS] 100-mi [Squaw Valley to Auburn, CA] is the toughest so he wanted to do it. His 1<sup>st</sup> 50-miler he qualified for WS, but after his muscles cramped so bad he threw up [all over his boss' Lexus].

Before the 1994 race, he was told the next day you will learn more about yourself than an entire lifetime. And most train for the 1<sup>st</sup> 50-miles, but the 2<sup>nd</sup> 50-miles is sure will power. His dad told him: "Just keep moving forward & never, ever give up." His sister said "You can do it". It was brutal, but he finished. He loved testing the limits of human endurance.

In June 1995 he ran Badwater [135 miles from Death Valley @ -282' to Mt. Whitney @ 15,500']. Air temperatures can be over 120dF [& 200 degrees on the asphalt]. He ran on the white line. His crew gave him a PB&J sandwich that he did not eat right away & it turned to toast. He passed out of heat stroke & DNF. He completed it in '96. By now his resting heart rate was in the 30s.

In 2000 he ran the 200-mi relay from Calistoga to Santa Cruz [but he ran solo] & then ran a marathon. One night he ordered a pizza to be delivered to him on the road while running. In 2002 he went to the South Pole & ran a marathon. It is at 11,000' & -35dF. Dean also completed the Outdoor World Championships [running, mtn biking, wind surfing, climbing & a triathlon].

## Quotes:

"If it felt good, you didn't push hard enough. It's supposed to hurt like hell." (Jack McTavish)  
"Don't run with your legs, run with your heart." (Benner Cummings)  
"A man's riches are based on what you can do without." (Thoreau)  
"Only those who will risk going too far can possibly find out how far they can go." (TS Elliot)  
"When you are going through hell, keep going." (Winston Churchill)  
"Success seems to be largely a matter of hanging on after others have let go." (William Feather)  
"You only live once, but if you work it right, once is enough." (Joe Louis)

Dean Quotes: "Pain has an odd way of suppressing hunger; when you most need the calories, food is entirely unappetizing." "The higher the risk, the grander the sense of satisfaction from accomplishing what you set out to do." "Adventure happens the moment you step out your front door." "Sometimes you have to go through hell to get to Heaven." "Blacking out is the body's ultimate act of self-preservation." "I run because it always takes me where I want to go."

Note: [www.ultramarathonman.com](http://www.ultramarathonman.com)