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Karnazes P90X

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*UltraMarathon*

*Man: 50*

*Marathons • 50*

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*First 100 Mile*

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- *The Midstate*

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and urge  
Americans of all  
fitness levels  
to "take that  
next step." "Ultr  
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physical efforts

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to "take that  
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legend Dean  
Karnazes has run  
262 miles-the

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(ePUB) book. The first edition of the novel was

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2005, and was

written by Dean

Karnazes. The

book was

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languages

including

English,

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Man consists of 295  
pages and is  
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Runner. Ultra-*

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marathoner Dean

Karnazes claims

"There is magic  
in misery."

While it would  
be easy to write  
off his habit of  
running for 100  
miles at a

time--or  
longer--as mere  
masochism, it's  
impossible to  
not admire his

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tenacity in  
pushing his body  
to reach one  
extreme goal  
after another.  
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boggling  
adventures of  
his nonstop  
treks through  
the hell of

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the  
incomprehensible  
frigidity of the  
South Pole ...

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into ultra  
running and four  
ultra races: The

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Western States  
Endurance Run,  
the Badwater  
Ultra in Death  
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mile Relay in  
California, and  
the first  
sanctioned  
marathon ever  
run in  
Antarctica. I  
enjoyed reading  
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Man in two long  
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Dean Karnazes

(English: / k a:  
r ' n e ' z i s  
/ car-NEH-zis;

born Constantine  
Karnazes; August  
23, 1962), is an

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American

ultramarathon  
runner, and  
author of

Ultramarathon

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of an All-Night  
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details ultra  
endurance  
running for the  
general public.

*Dean Karnazes -*  
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Man Quotes

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30 "Struggling

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Man and suffering  
are the essence  
of a life worth  
living. If  
you're not  
pushing yourself  
beyond the  
comfort zone, if  
you're not  
demanding more  
from yourself -  
expanding and  
learning as you  
go - you're

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choosing a numb  
existence.  
You're denying  
yourself an  
extraordinary  
trip."

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California, and  
the first  
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