

## 50 MARATHONS 50 DAYS KARNAZES DEAN%0A

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[Dean Karnazes - Wikipedia](#)

In 2006, Karnazes embarked on the well-publicized Endurance 50: 50 marathons in 50 states in 50 consecutive days. Beginning with the Lewis and Clark Marathon in St. Louis on September 17, 2006, it finished with the New York City Marathon on November 5.

[50 Marathons, 50 States, 50 Days: Making the Impossible ...](#)

In this interview, American ultramarathon runner, New York Times bestselling author, and one of TIME magazine's top 100 most influential people in the world, Dean Karnazes, tells his story of leaving his job, pursuing his dreams, and living passionately.

[50 Marathons 50 Days: The secrets to super endurance ...](#)

Above all, 50 Marathons 50 Days is a fascinating first-hand account of what it's like to push the limits of strength and motivation. It's an inspiring how-to book for anyone looking to go further than ever before towards their goals. [I Ran 50 Marathons in 50 Days, and I Can't Imagine Ever ...](#)

[I Ran 50 Marathons in 50 Days, and I Can't Imagine Ever Slowing Down](#). Ultra-runner Dean Karnazes, the second of our four gluttons for punishment, explains why he'll never hang up his running shoes.

[Dean Karnazes Interview | Meet the Man Who Ran 50 Ma...](#)

As well as the 50 / 50 / 50 challenge and the 350-mile non-stop run Karnazes has singlehandedly completed the 199-mile race from Calistoga to Santa Cruz 11 times. Known as The Relay , it's designed to be run in teams, the distance divided up between 12 people.

[Ultramarathon Man: 50 Marathons, 50 States, 50 Days Import ...](#)

Dean Karnazes, his family and running mates, tell the story of his effort to run 50 marathons in 50 states in 50 days. Even if you have never run a day in your life, this story is hugely inspirational.

[50 Marathons 50 Days by Dean Karnazes - goodreads.com](#)

Dean Karnazes' athletic memoir 50/50 Secrets I Learned Running 50 Marathons in 50 days and How You Too Can Achieve Super Endurance! is less of a training encyclopedia and more of a inspirational bio of one individual who dared to take it to the next level. The amazing descriptions

[The Karnazes Effect | Runner's World](#)

When Carmichael Training Systems (CTS) Coach Jason

Koop and I looked into building a training program for Dean Karnazes's attempt to run the Endurance 50 last fall (50 marathons in 50 days in 50

**UltraMarathon Man: 50 Marathons 50 States 50 Days**  
Theatrical Trailer for the July 31st, 2008 national screening of the inspirational documentary **UltraMarathon Man: 50 Marathons 50 States 50 Days**, featuring Dean Karnazes.