

The Impossible Long Run: A Journey Through Hell and Back



The Impossible Long Run: My Journey to Becoming

Ultra by Janet Patkowa

★★★★☆ 4.4 out of 5

Language	: English
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Lending	: Enabled
File size	: 1381 KB
Screen Reader	: Supported
Print length	: 199 pages



Dean Karnazes is an ultramarathon runner who has competed in some of the world's most challenging races. In his memoir, *The Impossible Long Run*, Karnazes shares his story of overcoming adversity and achieving his dreams.

Karnazes was born in Los Angeles, California, in 1962. He began running in high school, and quickly discovered that he had a natural talent for the sport. After graduating from high school, Karnazes attended the University of California, Berkeley, where he continued to run and compete in races.

In 1990, Karnazes ran his first ultramarathon, the Badwater 135-mile race in Death Valley. He finished the race in 30 hours and 55 minutes, and was hooked on the sport. Karnazes went on to compete in many other

ultramarathons, including the Leadville 100-mile race, the Western States 100-mile race, and the Spartathlon 153-mile race.

In 2006, Karnazes set a new world record for the longest run without sleep. He ran 350 miles in 80 hours and 44 minutes, and broke the previous record by over 100 miles.

Karnazes's story is one of inspiration and perseverance. He has overcome many challenges in his life, including injuries, illness, and setbacks. But he has never given up on his dreams. In *The Impossible Long Run*, Karnazes shares his secrets for success, and shows us that anything is possible if we set our minds to it.

The Impossible Long Run is a must-read for anyone who is interested in running, overcoming adversity, or achieving their dreams.

Karnazes's story is an inspiration, and his writing is both engaging and informative. *The Impossible Long Run* is a book that will stay with you long after you finish reading it.

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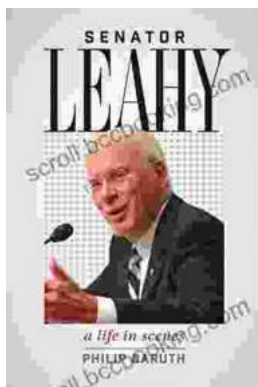
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