

Run 262 Stories Of Blisters And Bliss Dean Karnazes

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About Run! 26.2 Stories of Blisters and Bliss. In his follow-up to the best-selling Ultra-Marathon Man, world-renowned ultra marathoner Dean Karnazes chronicles his unbelievable exploits and explorations in gripping detail; Karnazes runs for days on end without rest, across some of the most exotic and inhospitable places on earth, including the Australian Outback, Antarctica, and the back ...

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Run! : 26.2 Stories of Blisters and Bliss, however, does a pretty good job of winning a Badwater belt buckle. For someone who runs ultras (runs longer than the 26.2 miles of a marathon), Dean Karnazes also has a gift of relation. His existential tales of inhuman accomplishments are not only inspirational, but they also feel attainable.

~~Run! 26.2 Stories of Blisters and Bliss by Dean Karnazes~~

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In his new book, Run! 26.2 Stories of Blisters and Bliss, Dean tells some funny stories of his running life, as well as reporting some of his race experiences (most of which are pretty funny, too!). Just about anyone, runner or not, will be in danger of catching a bug for running after reading this.

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Run! 26.2 Stories of Blisters and Bliss Quotes Showing 1-16 of 16 "Want a strong, solid relationship that is willing to go the distance? Get to know your running shoes." ? Dean Karnazes, Run! 26.2 Stories of Blisters and Bliss

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"The best way to prevent blisters is to take steps to stop any rubbing or friction from converting an area of irritation to a full-blown blister," says Dr. Hood. These 10 tips to keep blisters ...

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Run! 26.2 Stories of Blisters and Bliss Paperback - Feb. 28 2012 by Dean Karnazes (Author) 4.4 out of 5 stars 157 ratings. See all formats and editions Hide other formats and editions. Amazon Price New from Used from Kindle Edition "Please retry" CDN\$ 11.99 - - ...