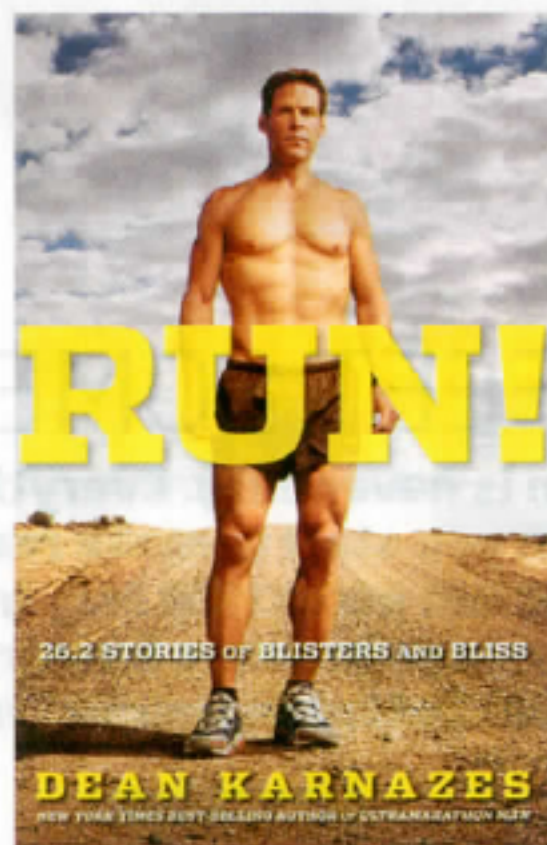


# Mind+body

RELAYGB ○ INSPIRING RUNNER ○ BOOK REVIEW

## WHAT WE'RE READING



*Dean Karnazes*  
'Run! 26.2 stories of blisters and bliss'

There can be few people in the world of ultra running who haven't heard of Dean Karnazes – indeed, Karno (as his friends call him) has featured in *Running fitness* on several occasions. His new book though – a follow-up to his bestseller *Ultramarathon Man* – will

undoubtedly cement his reputation among the running greats.

Karno might not always win races, but that's not important to him. What is important to him is the personal goal. "Over the years, I've come to the realisation that the fulfillment of one's own personal goals is far more gratifying than winning a prize or being first," he writes. It's a salutary lesson to us all.

This book is a journey down memory lane for Karno. But, far from being sentimental, it's a funny, practical and thought-provoking collection of tales that will inspire you in your own running journey. For Karno, running is far more than just a sport he simply partakes in: it's the leveler in his life, the thing that fires him: it is his religion. As he writes: "I have found my church, and it is at the end of a long trail on a distant mountaintop. It is here that I feel most at peace, entirely content and whole." You can't fail to be inspired by the humility of a man who realizes that, in order to succeed, he must also fail. His battles with the awesome Badwater Ultra are the stuff films are made of. Who'd play Karno? I suspect that it could only be the man himself.

