



**Discover the secrets
for super endurance—
from one of the
world's greatest athletes!**

Dean Karnazes has run 350 continuous miles through three sleepless nights, ordered pizza during long runs, and inspired fans the world over with his adventures. But to face the ultimate test of endurance, he ran 50 marathons in 50 states—in 50 consecutive days! Now in this heart-pounding book, Dean reveals how he pulled off this unfathomable feat that defied all physical limitations. Going beyond the story of the Endurance 50 marathons, he shares his invaluable secrets, practical advice, and training regimens for athletes of all levels. *50/50* will inspire you no matter what your fitness goal is, whether it's simply walking around the block, running a 10K, or completing yet another Ironman. Learn how to:

- Recover more quickly
- Adapt to extreme conditions
- Prevent muscle cramps and overheating
- Pace yourself when you "hit the wall"
- Stay motivated.

**"He writes honestly . . .
a rare peek into the mind-set
and motivation of an extreme athlete."**

—BookPage

**"Crisply written . . . This is his story
and advice on how you, too,
can accomplish the impossible."**

—Tucson Citizen (AZ)

READ BY DANIEL THOMAS MAY



Running Time: Approx. 6 Hours • Unabridged

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50 Marathons in 50 Days—and How You Too
Can Achieve Super Endurance!

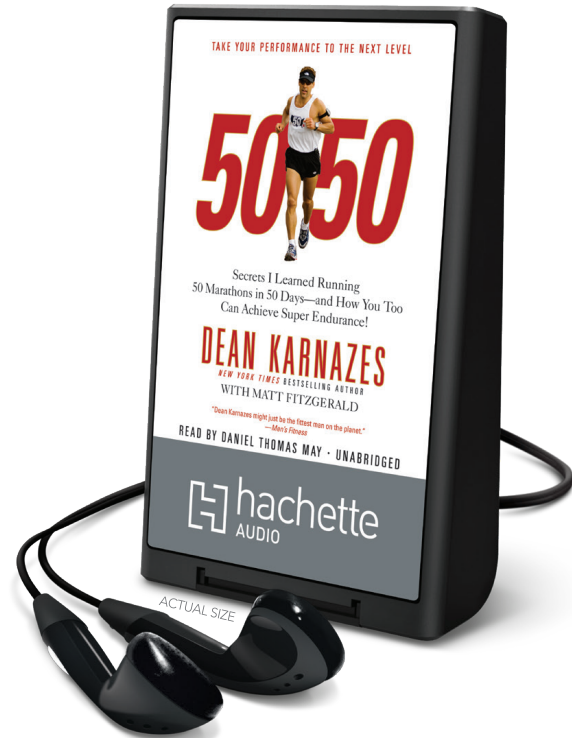
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