

**Ultramarathon Man: Confessions Of An All-Night
Runner By Dean Karnazes**



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Ultramarathon Man Confessions of an All-Night Runner by Dean Karnazes ISBN: 9781585422784 / 1585422789 Hardcover; Los Angeles, California, U.s.a.: Tarcher, March 17

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Dean Karnazes, is an American ultramarathon runner, and author of Ultramarathon Man: Confessions of an All Night Runner, which details ultra endurance running for the

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In one of his most ambitious physical efforts to date, Dean Karnazes attempted to run 50 marathons, in 50 states, in 50 days to raise awareness of youth obesity and

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