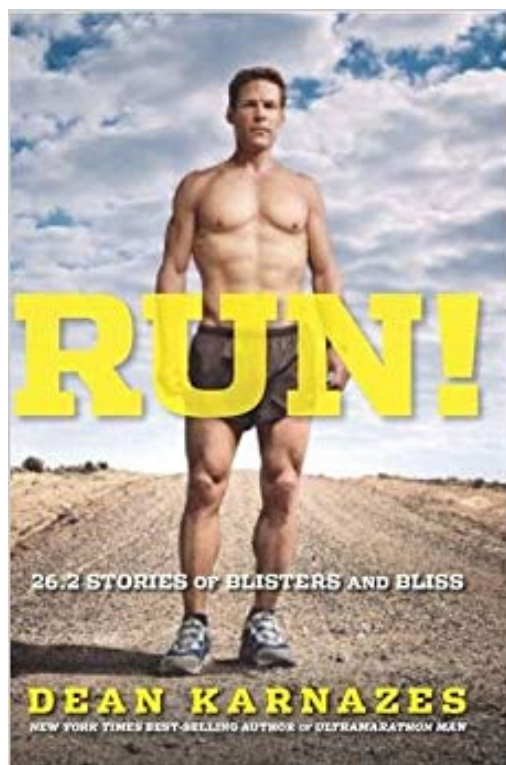


Run!: 26.2 Stories of Blisters and Bliss *by* Dean Karnazes



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Reviews of the *Run!: 26.2 Stories of Blisters and Bliss* *by* Dean Karnazes

Trex

"Ultramarathonman" hooked me on Dean. While clearly he is not the world's elite ultrarunner, the book motivated people, inspired them to get fit, to challenge their belief in their own capabilities. He wrote in a style that was refreshing, bold, and passionate. "50/50" was a far cry from his first effort, and when I first heard about "Run!" I was hoping for a rebound from what I would refer to as his sophomore slump. I need to premise this by again acknowledging the positives that Dean brought into my life as an individual, but I must give an honest review.

Dean, what happened? Early on in "Run!" the thought began creeping in my mind that you've started taking yourself far too seriously, and that all of the steps you take in your runs are after nothing but the mighty dollar. This book, at best, is a series of short stories better suited for a free blog as opposed to qualifying it as a full book. Some of the stories are entertaining, but many, and I mean many of them are self-righteous and plain boring. The further I read, the more my letdown turned to anger--Dean, you've lost your way, man! While I'm certain you'll have a fourth effort looming before too long, I encourage you to return to your roots--become an inspirational story teller and avoid trying to make yourself a writer. "Ultramarathonman" worked, "50/50" was just that, and "Run!" simply misses the mark.

I'm willing to give you another shot, Dean, but don't do it for the money, because I'm onto you!

PC-rider

I love the tales that are told about running and Dean is at his best when speaking about this life-long passion of his. It is so excellent I could not put it down. I love the different stories listed in the book and each one was more riveting than the next. Many kudos to Dean for another excellent read.

Dianantrius

I really don't understand some of the negatives reviews (here and elsewhere) on Karnazes' "Run!" - the book pretty much delivers on exactly what it says it is: a series of short essays about Karno's experiences and stories running ultradistance events. Some people find him arrogant and cocky but I think this is just one of those "love or hate him" things. He's been smart enough to break out of the ultra sub-culture and go more mainstream... but that's just him love it or hate it.

Run! is a quick read and filled with fun stories and a little bit of advice (about life and running). I liked it better than 50/50: and probably a little less than Ultramarathon Man. If you're the least bit fascinated with distance running, xterra, and other related endurance activities this is a nice peek behind the veil from one person's perspective on what drives him and many in this culture.

Whitebinder

I could not put this book down. Dean Karnazes, the Ultramarathon Man, rivets the reader's curiosity with life lessons learned from his grueling, character fortifying journey as a ultrarunner. I cannot wait to read one of his first books called The Ultramarathon Man! Incredible mind and incredible book. I would recommend this to the most cynical of critics!

Bralore

I really enjoyed this glimpse into the "human" side of this seemingly "superhuman" athlete - the struggles that accompanied his successes, the stories that became funny only after the fact, etc. Ultrarunners often seem like a breed apart - what they accomplish is amazing and inspiring, but also incomprehensible. This book make them seem a little more real. A fun read, whether you run or not.

Bloodfire

Good read for a bit of motivation. The dude is somewhat crazy in the challenges he takes on, but that makes this all the more interesting. An easy read and quite different from Ultramarathon Man.

Blueshaper

I always love reading about Dean's adventures. He's an inspiration and a lot of fun

Love

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