

Blood, Sweat, & Shame

Confessions of an
Ultra Marathon Fat Guy



Justin Slater

Blood Sweat And Shame Confessions Of An Ultra Marathon Fat Guy

Ira Rainey



Blood Sweat And Shame Confessions Of An Ultra Marathon Fat Guy:

The Congregationalist ,1974 New York Magazine ,1991-03-11 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine s consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea *The Advocate* ,2004-09-14 The Advocate is a lesbian gay bisexual transgender LGBT monthly newsmagazine Established in 1967 it is the oldest continuing LGBT publication in the United States Ultramarathon Man Dean Karnazes,2006-03-02 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 urge Americans of all fitness levels to take that next step UltraMarathon Man 50 Marathons 50 States 50 Days a Journeyfilm documentary follows Dean s incredible step by step journey across the country Ultrarunning legend Dean Karnazes has run 262 miles the equivalent of ten marathons without rest He has run over mountains across Death Valley and to the South Pole and is probably the first person to eat an entire pizza while running With an insight candor and humor rarely seen in sports memoirs and written without the aid of a ghostwriter or cowriter Ultramarathon Man has inspired tens of thousands of people nonrunners and runners alike to push themselves beyond their comfort zones and be reminded of what it feels like to be truly alive says Sam Fussell author of Muscle Ultramarathon Man answers the questions Karnazes is continually asked Why do you do it How do you do it Are you insane And in the new paperback edition Karnazes answers the two questions he was most asked on his book tour What exactly do you eat How do you train to stay in such good shape **Ultramarathon Man: Revised and Updated** Dean Karnazes,2023-06-20 Revised updated and with a new afterword The Ultramarathon man is back with new additions to his bestselling memoir Ultramarathon Man Confessions of an All Night Runner helped introduce the world to ultramarathoning Now after three decades of running ultramarathons across the globe Karnazes is still going strong This updated and revised edition includes an afterword full of the lessons he s picked up along the way He gives personal details on the essential pillars of health fitness diet and sleep What does he eat what supplements does he take and what kind of mattress does he sleep on Aging well takes work and the man who hasn t stopped is sharing the tips and learnings that have kept him going mile after grueling mile Ultramarathon Man is Karnazes story the mind boggling adventures of his nonstop treks through the shoe melting inferno of Death Valley the lung freezing ferocity of the South Pole and the awe inspiring beauty of the towering peaks and craggy canyons of the Sierra Nevada With an insight and candor rarely seen in sports memoirs he reveals how he navigates the solitary manic self absorbed life of hard core ultrarunning with a full time job a wife and two children and how running has made him who he is today a man with an ironclad body a teenager s energy and a champion s wisdom **32 Miles from Fat** Ross Bays,2011-07-25 He sat behind a computer for

years while his life flew by He lost control of his weight his finances and nearly his marriage The days ran together while the pounds accumulated and things deteriorated quickly What has been called One of Today's Most Controversial Running Stories Ross Bays is determined to create his own destiny This dramatic account of fat boy turned ultramarathoner in 90 days will inspire you to challenge your own limits and reach for your dreams This book is not about Running Nor is it about living a healthy lifestyle It is about understanding that we are only limited by our own misconceptions about what should be not what could be There is no should

Ultra marathon man Dean Karnazes, 2016-08-17 Il a couru dans les climats les plus extrêmes que ce soit par 50 degrés dans la Vallée de la Mort ou par moins 40 degrés au pôle Sud Il a couru sans s'arrêter pendant 400 kilomètres Il a couru partout d passant sans cesse ses limites redéfinissant la perception de l'endurance humaine Tout cet incroyable parcours a commencé le soir de son trentième anniversaire Dean était fatigué de son travail de bureau et moitié ivre dans un bar Tout coup d go t il a jet son verre il est sorti et a commencé courir Depuis il ne s'est jamais arrêté Dans ce livre Dean Karnazes montre que la course peut permettre de se sentir vraiment vivant de trouver sa propre voie Il répond aussi aux questions qu'on lui pose continuellement comment faites-vous Pourquoi Que mangez-vous Et surtout est-ce que vous êtes fou Le témoignage de l'un des plus grands ultra runners du monde

Fat Man to Green Man Ira Rainey, 2013-12-09 Despite believing he was bionic as a child Ira Rainey was far from an elite athlete with superhuman running abilities like the ones he read about in books He was in fact an overweight and unfit slacker who felt a bit sorry for himself because he had sore feet Sure he ran a bit but he also sat around a lot and ate and drank too much Why Because he could and because he was a delusional optimist who thought everything would always be just fine That was until a friend was diagnosed with terminal cancer and given months to live It was an event that would push Ira to tackle his apathy towards life and take on the challenge of becoming an ultramarathon runner pushing himself to go further than he had ever gone before Award winning Fat Man to Green Man From Unfit to Ultramarathon is a warm and humorous account of one man's quest to uncover his true super powers as he journeys from fat to fit and taking in everything that came between the two It is a story of fields and friendships mud and maps but more importantly learning how to push yourself to achieve what you would never believe you could and how to deal with the consequences Fat Man to Green Man won the silver award for running books in The 2014 Running Awards an award voted for by runners Ira Rainey with Fat Man to Green Man was also a shortlisted finalist for New Writer of the Year in The British Sports Book Awards 2014 Ira Rainey's lifestyle transformation is an extraordinary example of what can be accomplished with passion and conviction Fat Man to Green Man is an inspirational story of how the seemingly impossible can come true A must read for anyone looking to make a positive change Dean Karnazes World renowned endurance athlete and NY Times bestselling author Rainey is proof that ultradistance races can be completed by middle aged mortals and not just extreme endurance athletes with a penchant for pain Men's Fitness Magazine The ending It's not what you will expect but it will see you re appraise everything in life you thought was certain We think

you will be inspired and like us are certain you may lose a few tears before you reach it Running Fitness Magazine It s an inspirational tale of Ira s battle with inner demons and ill health I felt as if I was right beside him Trail Running Magazine So many things are covered here the back to back training runs the speed work I was actually a bit intimidated by how fast he can knock out a 5K the nutrition and weight loss and dealing with injury and recovery He discovered that he was not bionic but overall he was very capable of running long distances and recalling the tales very vividly James Adams Ultramarathon runner and author of Running and Stuff At times laugh out loud funny at others quite poignant the parts where Ira faces the impending loss of a dear friend are especially touching this book is a fun take on one man s journey to becoming an ultra runner and finding himself in the process UltrarunnerPodcast Dean Karnazes taught us about what it takes to be at the very top of ultra running wowing us in the process while Ira inspired by Dean gives us an insight of ultra running that the rest of us could aspire to The Running Stories

Honey, Do You Need a Ride? Jennifer Graham, 2014-04-28 The hardest thing about running isn t the running It s getting yourself out the front door This is particularly true for anyone who is overweight who doesn t look like a runner but more like someone who ran out of gas on the way to pick up a pizza Someone who looks like she needs a ride home Jennifer Graham s been there She s still there actually She started running to lose weight and she did lose a little but not enough to ever fit in the size 12 silk dress that still hangs in her closet apparently doomed to be forever unworn But no matter Along the way Graham learned that running not weight loss is the fast track to joy It s also the best way to motor over the speed bumps of life whether they be excessive procreation a difficult divorce or runaway donkeys headed for the school bus Graham a columnist for The Boston Globe writes candidly about the indignities of being a plus sized runner in a sport dominated by long lean shirtless wonders But she believes that everyone who can run should run and if they can t they should walk as long and as fast as they can How It s this simple Put on your most comfortable clothes and your most comfortable shoes and walk somewhere even if it s just to the mailbox Then run back to where you started slowly The next day do it again only go a little bit farther And farther yet the next day Keep it up listening carefully to your body about when it needs to work and when it should rest One day you ll run a 5K or a marathon or at least will be able to retrieve your mail with lightning speed But first buy a copy of this book and let Jennifer Graham entertain you every step of the way Praise for Honey Do You Need a Ride Jennifer writes like an old friend speaks in a voice you know and love Her descriptions of running heavy whether with added weight or added burdens make her experience universal to runners and non runners alike Her overcoming spirit makes you want to cheer for her run with her or eat a pint of ice cream with her Ultimately it s not the size of the body but the size of the heart that counts And this runner s heart is huge Kristin Armstrong mother of three Contributing Editor for Runner s World Mile Markers The 26 2 Most Important Reasons Why Women Run Here s to the mid pack runners the back of the pack shufflers the start slowly and taper off champions Just remember there s a lot more of us than there are of them those tall skinny Shirtless Wonders And Jennifer Graham tells our story beautifully with unflinching

honesty and laugh out loud humor John the Penguin Bingham author of The Courage to Start No Need for Speed and An Accidental Athlete Jennifer Graham might be surprised when the sinewy running tribe she longs to conform to becomes readers of her book because you don't have to be a fat runner to enjoy this moving memoir If you've ever fallen in love with running if running is a constant companion if running has been a lifeline through bad times then you'll identify with Graham's story Okay maybe not the donkeys or the paranormal coaching but when you're done reading you'll wish you could join Graham on a run just so you can hear more Kara Douglass Thom author of Becoming an Ironman and Hot Sweaty Mamas Five Secrets to Life as a Fit Mom Jennifer Graham is the hilarious pee your pants running partner you wish you had She'll make you want to move to Boston just to pound out a few miles alongside her and slam down a ginormous hot fudge sundae with her post run If you love running laughing eating and reading in equal measure you'll love this book Eileen Button author of The Waiting Place Learning to Appreciate Life's Little Delays **Fat Man to Green Man** Ira Rainey, 2014

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