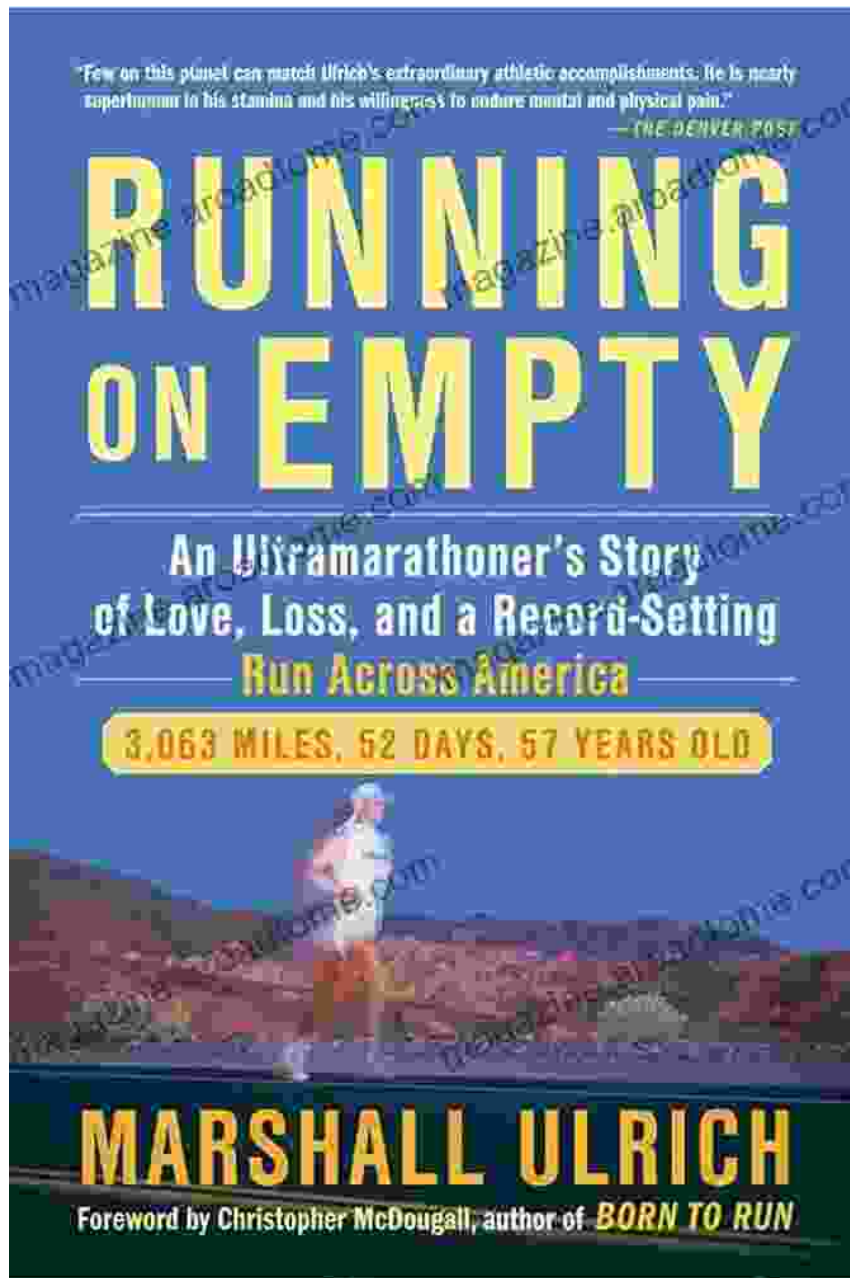


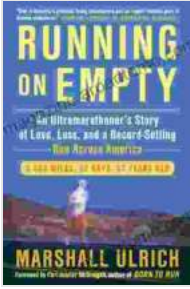
An Ultramarathoner's Story of Love, Loss, and a Record-Setting Run Across America



Running on Empty: An Ultramarathoner's Story of Love, Loss, and a Record-Setting Run Across America

by Marshall Ulrich

★★★★☆ 4.3 out of 5



Language	: English
File size	: 3833 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 320 pages



About the Book

An Ultramarathoner's Story of Love, Loss, and a Record-Setting Run Across America is an inspiring and heartbreaking memoir about one man's journey to overcome adversity and achieve his dreams.

After the sudden death of his wife, ultramarathoner Dean Karnazes embarked on a 3,000-mile run across America to raise awareness for the fight against breast cancer. Along the way, he faced unimaginable challenges, including extreme weather conditions, physical pain, and emotional turmoil.

But through it all, Dean never gave up. He kept running, one step at a time, until he reached his destination: the Golden Gate Bridge in San Francisco. His record-setting run not only raised millions of dollars for breast cancer research, but it also inspired countless people around the world.

An Ultramarathoner's Story of Love, Loss, and a Record-Setting Run Across America is a powerful and moving story about the human spirit's ability to triumph over adversity. It is a story that will stay with you long after you finish reading it.

Praise for the Book

"An Ultramarathoner's Story of Love, Loss, and a Record-Setting Run Across America is a truly inspiring memoir. Dean Karnazes's story is one of courage, perseverance, and hope. It is a must-read for anyone who has ever faced adversity." - *Lance Armstrong*

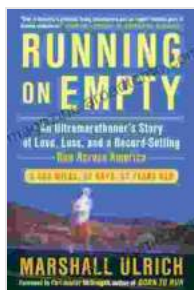
"Dean Karnazes is a true American hero. His story is an inspiration to us all." - *Bill Clinton*

"An Ultramarathoner's Story of Love, Loss, and a Record-Setting Run Across America is a powerful and moving story that will stay with you long after you finish reading it. It is a must-read for anyone who is interested in the human spirit's ability to triumph over adversity." - *The New York Times*

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