



FOR IMMEDIATE RELEASE

CONTACT: Rusty Shelton (512) 785-4469

First Chicken Soup for the Soul book for runners inspires at every level

Best-selling author Ultramarathon Man Dean Karnazes co-authors the collection

COS COB, Conn. – Whether you are a marathoner or an occasional jogger, everyone needs a boost to power them through those first steps in the morning or those last steps of a grueling race. What about getting that jolt of inspiration from a few short, powerful stories before lacing up? This is exactly the formula Ultramarathon Man and co-author of *Chicken Soup for the Soul: Runners* Dean Karnazes used to stay driven, and to become the accomplished runner he is today.

Dean, who once ran 350 continuous miles and has completed 50 marathons, in all 50 states, in 50 consecutive days, found the famed Chicken Soup for the Soul series about the same time he started running, thanks to a boss who cared about more than business-related performance. “The stories I started reading daily in Chicken Soup for the Soul were perfect cross-training for the soul.” Dean says in his introduction. “When I was feeling lazy or unmotivated, reading a stirring and heartwarming story reinvigorated my sense of passion and commitment, and off I’d go on a run!”

Chicken Soup for the Soul: Runners contains 101 Inspirational Stories of Energy, Endurance, and Endorphins (Chicken Soup for the Soul Publishing, LLC, July 13, 2010, 978-1-935096-49-8, \$14.95) about how running has improved lives, challenged people to push themselves harder, and the natural high that comes from this popular sport. Olympian athletes to casual joggers comprise the range of contributors in the series’ first collection for runners and triathletes.

Get energized for your run by reading stories from contributors like Lindsay Nielsen, an amputee who ran the 2001 New York Marathon just two months after September 11, despite emotional and physical pain, to do her part to honor the NYPD and NYFD, or Scott Maloney, a college student who was prevented from racing in his fourth consecutive Boston Marathon after a night of drinking left him legally-brain dead. Thanks to a miraculous recovery, Scott pushed himself, with his family at his side, to race again just two years later, despite many physical challenges as a result of his accident.

“If reading this book motivates you to lace up your running shoes and head out the door, I say go with it!” Dean says in his introduction. “My hope is that *Chicken Soup for the Soul: Runners* will inspire you to be the very best that you can be, whether you run great distances, modest distances, or not at all. A life worth living is meant to be an impassioned journey, one in which we continue to explore, learn and expand our potential each and every day. I encourage you to find your edge, and then take a step beyond it. This stride into the unknown is where true discovery begins.”

Known as the Ultramarathon Man, Dean Karnazes was named one of *TIME* magazine’s “Top 100 Most Influential People in the World” for his message of following your heart and living life with passion and purpose. His autobiography *Ultramarathon Man: Confessions of an All-Night Runner* was a *New York Times* bestseller. For more information on Dean, please visit www.ultramarathonman.com.

Chicken Soup for the Soul: Runners (Jack Canfield, Mark Victor Hansen, Amy Newmark and Dean Karnazes) releases in July 2010. Chicken Soup for the Soul Publishing, LLC, publishes all the latest titles in the famous Chicken Soup for the Soul book series which are distributed through Simon and Schuster, Inc. Since 1993, books in the Chicken Soup for the Soul series have sold more than 112 million copies, with titles translated into more than 40 languages. Chicken Soup for the Soul Publishing also licenses the right to use its famous trademark to high quality licensees through IMG, the world’s premier licensing agent. The company is currently implementing a plan to expand into all media, is working with TV networks on several TV shows and is developing a major Internet presence dedicated to life improvement, emotional support and inspiration. In 2007, *USA Today* named *Chicken Soup for the Soul* one of the five most memorable and impactful books in the last quarter century. For more information visit: www.chickensoup.com.

###

To receive a copy of *Chicken Soup for the Soul: Runners* for review, or to request an interview, please contact Rusty Shelton at (512) 785-4469 or rusty@sheltoninteractive.com.