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Ultramarathoner Dean Karnazes Provides Ultra Motivation to “Get Out There”

*World Renowned Runner Teams with Chicken Soup for the Soul
to Inspire Runners and Walkers to Do Themselves Some Good*

COS COB, Conn. – Whether you’re a marathoner or an occasional jogger, everyone needs a boost to power through those first steps in the morning or those last steps of a grueling race. And there’s nothing better than hearing from people who have changed their lives through getting out there and doing the same. The benefits to your physical and mental health from hitting the road or the trail are boundless.

Chicken Soup for the Soul—known for its inspirational stories from real people—and world renowned ultramarathoner Dean Karnazes—known for his running endurance feats, motivational talks and writing—have teamed up on *Chicken Soup for the Soul: Running for Good* (June 4, 2019, 978-1-61159909, \$14.95). This new collection contains 101 stories that will get you up from your chair and out into the world, and you’ll feel like you have 101 friends giving you tips and urging you on while you do so.

Dean Karnazes, who once ran 350 continuous miles and has completed 50 marathons, in all 50 states, in 50 consecutive days, is a long-time Chicken Soup for the Soul fan who believes in the power of storytelling to change lives. In addition to his running career, he is a New York Times bestselling author of several books about running, including, in 2010, *Chicken Soup for the Soul: Runners*.

“The simple act of putting one foot in front of the other can transform individuals; it can transform lives. That’s why I’m so committed to sharing these stories to help get you out there,” says Karnazes. “I’m absolutely certain you’ll find yourself lacing up those running shoes with new enthusiasm and resolve, whether you’re an aspiring 5K walker, a marathoner, or a crazy ultramarathoner like me.”

“In these pages, you’ll meet ordinary people who’ve had extraordinary experiences as a result of running,” continues Karnazes. “You’ll meet men and women who have run or walked off hundreds of pounds, who have conquered injuries, depression, or anxiety. You’ll meet parents who have used running to bond with their children, couples who ran together and repaired their marriages, and people who ran their way right out of jobs they didn’t like and into new careers that stoked their passion for life. You’ll read about how getting out there—and moving your body—creates camaraderie, confidence... and calm.”

This new collection is also filled with stories from people who have not only done “good” for themselves, but have also raised money for good causes through everything from 5K races to 100-mile ultramarathons. Prepare to be inspired—to do some good for yourself, and for others!

ABOUT CHICKEN SOUP FOR THE SOUL

Chicken Soup for the Soul, the world’s favorite and most recognized storyteller, publishes the famous *Chicken Soup for the Soul* book series. With well over 100 million books sold to date in the U.S. and Canada alone, more than 250 titles, and translations into more than 40 languages, “chicken soup for the soul” is one of the world’s best-known phrases and is regularly referenced in pop culture. Today, 26 years after it first began sharing happiness, inspiration and hope through its books, this socially conscious company continues to publish a new title a month, but has also evolved beyond the bookstore with super premium pet food, television shows and movies through its subsidiary, Chicken Soup for the Soul Entertainment, a podcast, positive journalism from aplus.com, education programs, and licensed products, all revolving around true stories as the company continues “changing the world one story at a time®.”

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To receive a review copy of *Chicken Soup for the Soul: Running for Good* or to request an interview with Dean Karnazes, please contact Shelby Janner at (512) 638-6379 or shelby@zilkermmedia.com.