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Dean Karnazes book delivers 101 stories of inspiration for runners

Co-authors first Chicken Soup for the Soul book for runners and triathletes

COS COB, Conn. – Sick of living the life others said he *should* be living, Dean Karnazes started living life on his own terms on the eve of his 30th birthday. Instead of drinking the night away like he planned, Dean walked out of a bar and just started running, winding up 30 miles away after not having run in 15 years. This single act changed the course of his life. He eventually left behind the corporate world and made running his new passion and vocation.

Ever since he started running for a living, it has been a wild ride for Dean. He has participated in hundreds of marathons, once ran 350 continuous miles, ran 135 miles nonstop across Death Valley in 120-degree temperatures, ran a marathon to the South Pole in negative 40 degrees and even completed 50 marathons, in all 50 U.S. states, in 50 consecutive days, culminating with the New York City Marathon, which he completed in three hours. After the race, he ran 1,300 miles to where he started his 50/50/50 challenge – St. Louis, Mo.

About the same time Dean started running to decompress, he also started reading. Thanks to a gift from a boss who cared about more than just business-related performance, Dean found Chicken Soup for the Soul. Dean found similarities between running and reading; they both nourished his inner spirit and complemented each other perfectly. Now Dean has teamed with Chicken Soup for the Soul to create a book especially for runners.

“The Chicken Soup for the Soul series is a collection of uplifting and energizing short stories. The concept is simple, yet powerful,” says Dean in his introduction. “Running, too, is simple, yet powerful. By its very nature, running is a moving experience, both literally and figuratively! As any athlete can attest, running conditions the body. The stories I started reading daily in Chicken Soup for the Soul were perfect cross-training for the soul. 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 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 collection, which includes plenty of stories for triathletes too!

“If reading this book motivates you to lace up your running shoes and head out the door, I say go with it!” Dean continues. “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 Ultra Marathon 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.

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