

## Dean Karnazes

### World Renowned Runner and Endurance Athlete

Dean Karnazes, a San Francisco native, has become a unique icon of running and endurance sports. His abilities earned him a spot on *TIME* magazine's 100 Most Influential People in the World list in 2006, as well as a 2007 ESPY for Best Outdoor Athlete, and the distinct honor of torchbearer in the 2008 Beijing Olympics.

Karnazes has competed in countless marathons and long-distance endurance runs. He has won the Vermont Trail 100 Mile Endurance Race; the Badwater Ultramarathon a 135-mile race through Death Valley; the South Pole Marathon in negative 40 degree weather; four Deserts Race Series, is an eleven-time Western States 100 Mile Endurance Run Silver Buckle holder, and was the runner-up at the Canadian Death Race in 2009. Most notably, he competed in 50 marathons in 50 different states on 50 consecutive days, completing the journey with a three-hour flat finish at the New York Marathon. He then decided to run home to San Francisco, but stopped in Missouri to spend time with family.

Karnazes's abilities aren't exclusive to his running. He has become a world-acclaimed author, recounting his past races. His first book, *Ultramarathon Man: Confessions of an All-Night Runner*, was the seventh-best selling sports book worldwide. In 2008, he released his second book, a story of inspiration and aspiration, *50/50 – How to Achieve Super Endurance*, also a New York Times Bestseller. Most recently, in March 2011, Karnazes released *RUN! 26.2 Stories of Blisters and Bliss*.

He has subsequently become a media sensation, appearing on *60 Minutes*, *The Late Show with David Letterman*, *CBS News*, *CNN*, *ESPN*, *The Howard Stern Show*, *NPR's Morning Edition*, *BBC*, and many others. He has also appeared on the cover of *Runner's World* and *Outside*, and has been featured in *TIME*, *People*, *GQ*, *New York Times*, *USA Today*, *The Washington Post*, *Men's Journal*, *Forbes*, *The Chicago Tribune*, *The Los Angeles Times*, and the *London Telegraph*. He is also a monthly columnist for *Men's Health*.

Very active in the community, Karnazes is the founder of KARNØ Kids, a youth charity, and was named the 2009 Running USA Youth Contributor of the Year Award winner. He has raised over \$1.5 million for children's causes, including the fight against obesity, and is a member of the California Task Force on Youth and Workplace Wellness. For his community service, he was the recipient of the President's Council on Physical Fitness & Sports prestigious Community Leadership Award.

Karnazes is a dynamic speaker who has captivated and inspired audiences across the globe. He has shared his stores of endurance and perseverance with companies such as Nike, Apple, Google, Sony, Wells Fargo, and many more.