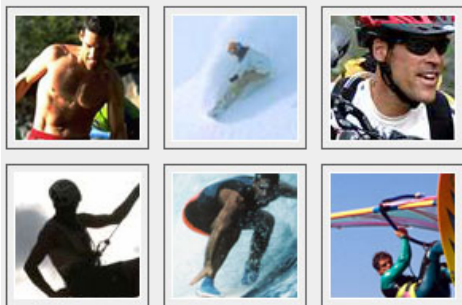




"Dean Karnazes might just be the fittest man in the world," writes *Men's Fitness* (March 2006). An internationally recognized endurance athlete and bestselling author, Dean Karnazes has pushed his body and mind to inconceivable limits. Among his many accomplishments, he has run 350 continuous miles, foregoing sleep for three nights. He's run across Death Valley in 126 degree temperatures, and he's run a marathon to the South Pole in negative 40 degrees. On seven different occasions, he's run a 200-mile relay race solo, racing alongside teams of twelve. Dean has swum across the San Francisco Bay, scaled Half Dome in Yosemite, mountain-biked for 24-hours straight, surfed the gigantic waves off the coast of Hawaii, and is an accomplished windsurfer. Dean is a Ten-time Western States 100-Mile Endurance Run Silver Buckle winner, has competed across the globe, and is the 2004 Badwater Ultramarathon champion, considered: 'The World's Toughest Footrace.'



*Outside* which featured him on their cover, calls Karnazes the: "Quintessential Ultramarathoner," and named him one of the "Ten Ultimate Athletes." *Runner's World* says: "He's the ultimate running specimen." *Men's Journal* selected Dean for their "2005 Adventure Hall of Fame," and *Competitor* honored him as the "Ultrarunner of the Year."

Karnazes has appeared on TV and radio, including: *60 Minutes*, *The Late Show with David Letterman*, *CNN*, *ESPN*, *The Howard Stern Show*, and *NPR*, and his accomplishments and adventures have been highlighted in a variety of magazines and newspapers, including: *TIME*, *Newsweek*, *People*, *GQ*, *National Geographic*, *Esquire*, *Men's Journal*, *Forbes*, *The New York Times*, *USA TODAY*, *The Washington Post*, *The Chicago Tribune*, *The Los Angeles Times*, and the *London Daily Telegraph*.

Karnazes holds two graduate degrees and is actively involved in the development of running footwear and apparel. He has energetically raised thousands of dollars for charity through his running and is committed to helping others, "One mile at a time." He is a frequent keynote speaker and a monthly columnist for *Men's Health* magazine, the world's largest men's fitness & lifestyle magazine.

Dean's recently released book, *Ultramarathon Man: Confessions of an All-Night Runner*, has been on the *New York Times*' list and is a National Bestseller. *Ultramarathon Man* won a "Best of Amazon 2005" award in two categories: # 5 overall in Sports, and #2 overall in Health/Mind/Body, and is the #7 bestselling sports book worldwide (The Economist). *Ultramarathon Man* has received gleaming reviews in *Newsday*, *Publisher's Weekly*, *Kirkus Reviews*, *Sports Illustrated*, and myriads of others, and is currently in print in eight languages.