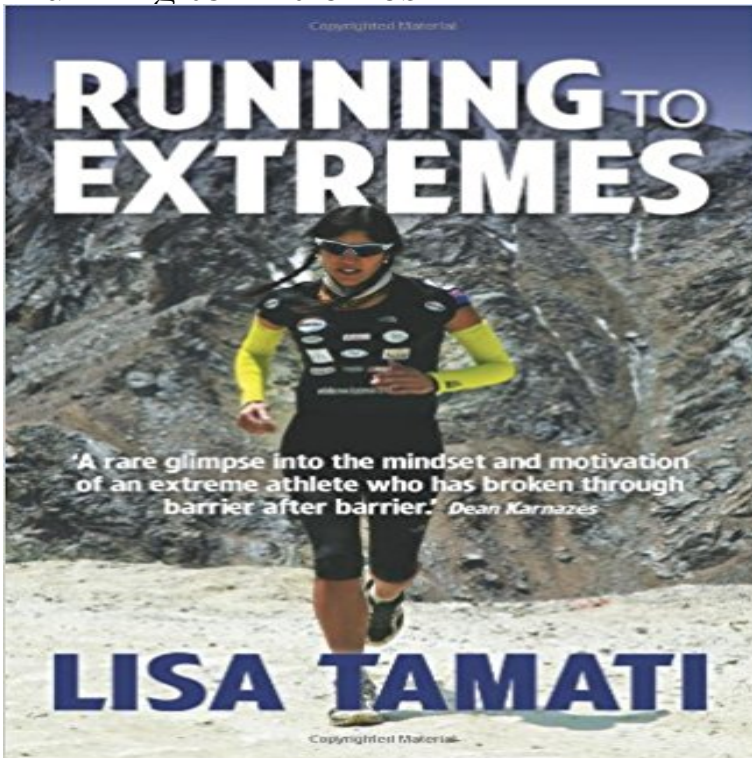


# Running to Extremes



Lisa Tamati takes on some of the worlds most extreme ultraraces in an inspiring look at the reality of a long-distance runner. Lisa Tamati gets asked one question more than any other: why do you do it? Here she attempts to answer that question and many more about ultramarathon running. In the past few years, Lisa has taken part in some of the most grueling races on earth. Not content with having run the Badwater Ultramarathon once, she's been back and done it a second time. She's also completed the Gobi March and a race in the Egyptian Sahara. However, none of these could have prepared her for her greatest challenge to date: La Ultra, a 138 miles nonstop race over the two Himalayan mountain passes. This book tells the stories behind these races and provides plenty of advice for runners of all levels and distances. Filled with training tips, gear lists, information on nutrition and supplements, advice on mental preparation and, most importantly, a focus on how to keep healthy while training and racing, it will inspire and motivate runners and nonrunners alike.

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