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## ***DEAN KARNAZES - THE ROAD TO SPARTA - PART 1/2 |***

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***The Road to Sparta - short trailer*** **The Road to Sparta** is a 60-minute documentary about the epic 246 kilometre Spartathlon from Athens to Sparta. The film features ...

***The Road to Sparta: How Dean Karnazes Relived The Ancient Battle & Epic Run That Inspired The...***

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<https://bengreenfieldfitness.com/roadtosparta> In 490 BCE, some masochistic Greek guy named Pheidippides ran for 36 hours ...

### **Dean Karnazes | The Road to Sparta (Episode 623)**

<https://www.youtube.com/channel/UCJvDcUXulzQfeEY--xrgxSA>  
Subscribe now at <http://theartofcharm.com/itunes> Hosted by ...

**Dean Karnazes Road to Sparta - Interview** Dean Karnazes speaks to myathlete about his latest book, entitled "**Road to Sparta**". He also reveals stories from last year's ...

**Dean Karnazes & Prof. Paul Cartledge: "The Road to Sparta" | Talks at Google** Ultramarathon runner Dean Karnazes ran 50 marathons in 50 US states on 50 consecutive days, 560 km in 81 hours without ...

**Optimize Interview: The Road to Sparta with Dean**

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**Karnazes** Want to optimize your life and actualize your potential? Check out Brian's Optimal Living membership program: ...

☐☐ **DEAN KARNAZES How to Find the Courage to Live Your Most Daring Authentic Life! The Road to Sparta** DEAN

KARNAZES BOOK ON AMAZON: **The Road to Sparta:**

<http://amzn.to/2pAb4pN> This interview will inspire and motivate you ...

### **Run**

**The Road to Sparta editing** Roddy Gibson and Barney Spender discuss the ongoing edit process of their film **The Road to Sparta**.

**EP 8: Dean Karnazes - The Road to Sparta** Dean Karnazes is

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the most well known ultra marathon runner on the planet. He has written 4 books and is a New York Times ...

***Badwater UltraMarathon documentary*** Amazing complete story of the Badwater first time experience through the eyes of Akos Konya, Gary Roberts, Anissa Roberts, ...

***THE WHY | Running 100 Miles*** Why do we run 100 miles? It's a question I get from friends and acquaintances quite often. And in the lower moments during these ...

***Dean Karnazes - Late Night with Conan O'Brien*** Video of ultramarathon runner Dean Karnazes on the Late Night with Conan O'Brien show, November 6, 2006.

***The High Fat Diet of an Ultra Runner***

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### ***Finding your best self | Dean Karnazis | TEDxAcademy***

Karnazis was named by TIME magazine as one of the "Top 100 Most Influential People in the World." An internationally acclaimed ...

### ***Dean Karnazes, the Ultramarathon Man I run for 500 km but I am the average man***

In 2006 he ran 50 marathons in all 50 states of the U.S.A. in 50 days in a row. Some compared him to Forrest Gump while others, ...

***Dean Karnazes: "Run" | Talks at Google*** Dean Karnazes has done things you might not believe, like running 135-miles nonstop across Death Valley in the middle of ...

### ***Athlete Runs 350 Miles While Barely Breaking a Sweat Due To Genetic Condition***

More from Inside Edition:  
<http://bit.ly/2bF0iuC> Dean Karzanes can run 350 miles without

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stopping. The 53-year-old marathon ...

**The Advice of Dean Karnazes** Ultramarathon man Dean Karnazes talks about his passion and the recipe for success.

**Dean Karnazes | Ultramarathon Man and Pizzarrito Inventor** Ultramarathon runner and endurance athlete Dean Karnazes burns up to 30000 Calories per race. Watch Dean talk about what ...

**The Spartathlon 153 mile Ultra Marathon! Athens to Sparta, Greece in 36 hours or less!** The Spartathlon is a race held in Greece. The race probably has more historical meaning and history than any other sporting ...

**Dean Karnazes: The Man Who Can Run Forever** Dean Karnazes quit his high-paying job in San Francisco to follow his

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dream of being a runner and he hasn't looked back since.

**Dean Karnazes - Road to Sparta interview.** An interview with Dean Karnazes, the ultramarathon man, about running and his latest book about Spartathlon, titled "**The road to ...**

## **Road to Sparta**

**Why is a Marathon 26.2 Miles? We Chat with Ultramarathoner Dean Karnazes** We chatted with internationally recognized endurance athlete and New York Times bestselling author Dean Karnazes about his ...

## **Ultra ideas**

**Relive the Michigan State Spartans' road to the Final Four** See Michigan State march through Bradley, Minnesota, LSU

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and Duke en **route** to the Final Four. Watch every game of the 2019 ...

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