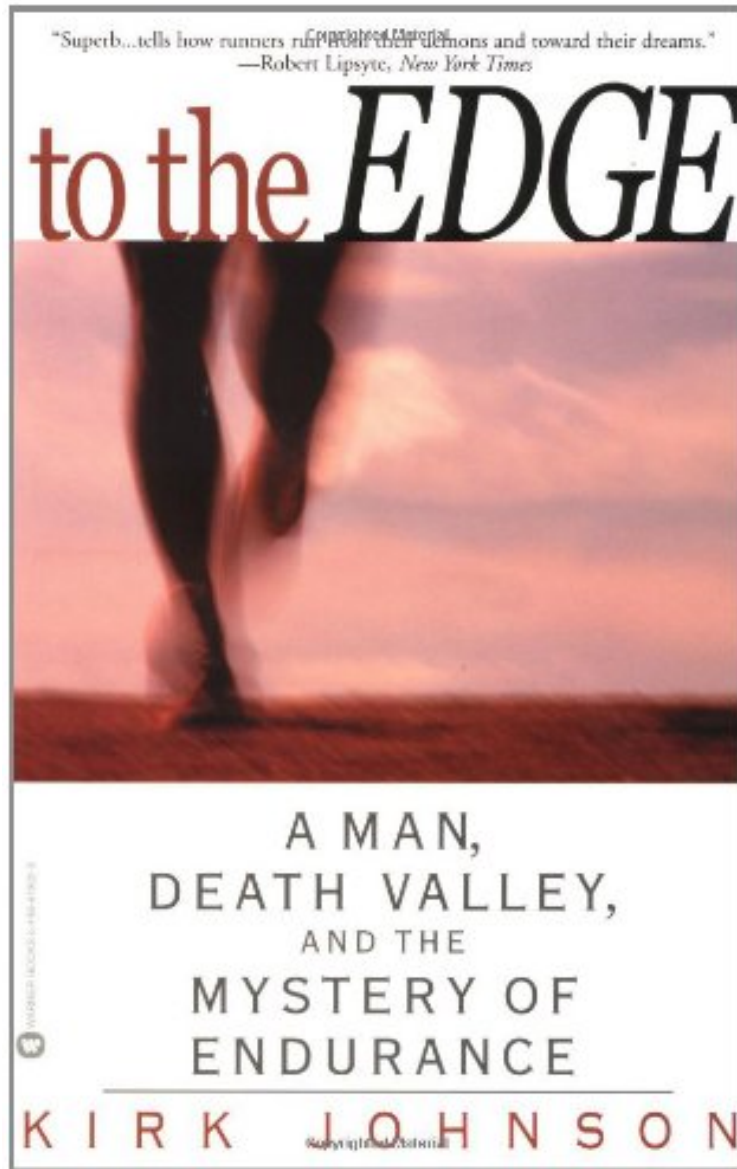


(Free) To the Edge: A Man Death Valley and the Mystery of Endurance

To the Edge: A Man Death Valley and the Mystery of Endurance

Kirk Johnson

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Kirk Johnson : To the Edge: A Man Death Valley and the Mystery of Endurance before purchasing it in order to gauge whether or not it would be worth my time, and all praised To the Edge: A Man Death Valley and the Mystery of Endurance:

0 of 0 people found the following review helpful. You Will Never Miss a Run Again By Dr. Evan Fiedler "All living things respond to quality" (page 50). You will never miss a run again after reading and devouring this true

extraordinary internal and physical struggle by Kirk Johnson. Buy the paperback, have a highlighter (I use two different colors) and pen within arm's reach and immerse yourself in his journey. This story has become a staple in my motivation library; during its reading and following completion I have run 9 consecutive weeks of over 100 miles/week (for the first time in 14.5 years) and continuing to do so. -Dr. Evan S. Fiedler (top 3 age group in 5k, 8k, 10k, half marathon and marathon. 3x Boston qualifier. Author of Run Hobble Run Run and other titles) 1 of 1 people found the following review helpful. Incredible book!!!!!!!!!!!!!!By CAMKirk is a warrior! When Kirk goes to the race, he is just a runner willing to fight to the death to survive the deadly beast that is Badwater. He is not there as "the Media guy." His writing clearly shows his humility, spirit and heart. You see a little bit of what the runners actually go through if you watch Running On The Sun, but the book is better than the documentary because it gives you a more detailed, deeper appreciation for Badwater. I love the sense of humor in his writing, and I laughed many times. I was also touched by his brother and sister who went out there to be his crew. I think they are heroes. You can feel his misery as he is enduring the brutal passage through hell. I love the book, and I recommend it to anybody who wonders what it would be like to run 135 miles through Death Valley under temperatures that reach 135 degrees. It's much more than just a miserable, painful, brutal race; it is about the human spirit. The body will be exhausted, start shutting down and quit at some point before the finish line is anywhere in sight. Only those who can dig deep enough within their hearts and reach their spirits can find the strength to finish the race. 0 of 0 people found the following review helpful. One of the bestBy David ColesAbsolutely fantastic. I'm not sure this book will ever get the widespread acclaim it deserves - it is one of the best. An exceptional window into the mental and physical efforts behind Badwater

When his beloved brother commits suicide, Kirk starts running straight into the hell of Badwater, the ultimate test of endurance equal to five consecutive marathons. Alongside a group of virtual running machines, Kirk will stare down his limitations and his fears on a journey that might offer the redemption of his most personal loss.

From Publishers WeeklyJournalist Johnson chronicles his participation in one of the world's toughest endurance races, the 135-mile Badwater Ultramarathon, and his simultaneous emotional reckoning with family members and himself. Johnson, who had never run a regular marathon, entered the race after his brother, a highly respected athlete, committed suicide. He recruited his sister and nearly estranged living brother to help him. In the first section, Johnson describes learning about and preparing for the race. As a journalist and a participant, he met many interesting Badwater participants (the paraplegic runners especially stand out) and offers insight into the phenomenon of ultramarathons, exploring questions like "Why does Badwater exist... and persist? Why does it capture the imagination?" After a strong start, though, this part goes on too long. The fascinating second section details the actual race and affords an inside look at an endurance runner's thoughts. Johnson deftly blends excitement, tension, grief and humor. He describes his feelings on one evening of the race, blister crisis in check: "The world was surprising and filled with eye-opening wonder, and the simple act of moving through it had become a source of joy." Johnson occasionally relies on a cliché or two, but they are offset by lovely passages that make his unusual experience familiar and immediate to the reader. Photos. (July)Forecast: The book should do well among the boomer fitness crowd, especially runners. The quality of the writing, the national advertising campaign and the six-city author tour will boost sales further. Copyright 2001 Cahners Business Information, Inc. From Library JournalWhen his older brother, an apparently stable man and a runner, committed suicide, Johnson began running in order to understand and deal with his brother's inexplicable action. Not an athlete himself, he swiftly progressed from weekend runs to half-marathons, then marathons, finally committing to running the Badwater Ultramarathon. The Badwater starts in Death Valley and ends on Mt. Whitney, 135 miles of searing heat and uncompromising topography. Johnson enlisted other family members to help and in 1999 completed the event. This is a startling accomplishment that is worthy of examination, which the author provides in excruciating detail. Johnson is a reporter for the New York Times and adequately documents every incident that had the slightest effect on his stamina, state of mind, or introspective musings. Unfortunately, the expected examination of the factors that go into extreme endurance fades in the face of his self-absorption and interminable soul-searching. Dedicated ultramarathoners and those in the throes of self-discovery may ask for this book, but its audience will be limited. - Edwin B. Burgess, U.S. Army Combined Arms Research Lib., Fort Leavenworth, KS Copyright 2001 Reed Business Information, Inc. From BooklistUltramarathons are a supreme test of physical endurance and mental fortitude--and that's when the course is flat, the weather pleasant, and the runner supremely prepared. The Badwater Ultramarathon in Death Valley offers 130 miles of potentially lethal heat, 40-mile-per-hour headwinds, and lightning storms. Despondent over the suicide of his older brother, New York Times reporter Johnson decided to compete in the Badwater as a kind of personal grief therapy (his brother was a gifted athlete). He enlisted his sister and another brother to help him train--no easy task for a one-time "fat boy" who had never even attempted a half-marathon. To keep the narrative moving and to prevent the introspective focus from becoming narcissistic navel gazing, Johnson provides plenty of detail about this demanding sport, including revealing interviews with other ultramarathoners. He's also honest with the reader. If the 54-hour experience failed to deliver what Johnson expected in the way of enlightenment, it was not without rewards, both physical and spiritual. A remarkable saga. Wes

