

Run 262 Stories Of Blisters And Bliss Dean Karnazes

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Run!: 26.2 Stories of Blisters and Bliss, however, does a pretty good job of winning a Badwater belt buckle. For someone who runs ultras (runs longer than the 26.2 miles of a marathon), Dean Karnazes also has a gift of relation. His existential tales of inhuman accomplishments are not only inspirational, but they also feel attainable.

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In his new book, Run! 26.2 Stories of Blisters and Bliss, Dean tells some funny stories of his running life, as well as reporting some of his race experiences (most of which are pretty funny, too!). Just about anyone, runner or not, will be in danger of catching a bug for running after reading this.

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“ The best way to prevent blisters is to take steps to stop any rubbing or friction from converting an area of irritation to a full-blown blister, ” says Dr. Hood. These 10 tips to keep blisters ...

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