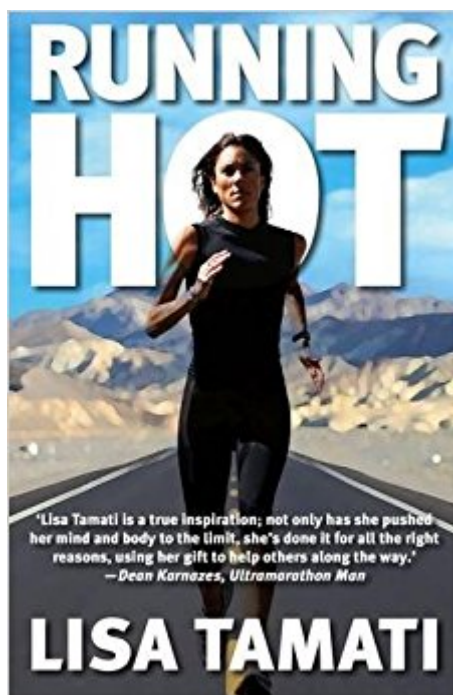


The book was found

Running Hot



Synopsis

One woman's incredible story of ultra-running endurance, heartbreak, and resilience as she attempts to complete the world's toughest desert foot race. The Badwater Ultramarathon through California's Death Valley is one of the world's toughest races. Lisa Tamati was the first New Zealand woman to compete in the race alongside such legends of the sport as Dean Karnazes and David Goggins. But Lisa's story is so much more than that one race. At the age of 19 she suffered a crippling back injury and was told she should give up running. She took that as a challenge and, with her Austrian boyfriend, went on to run, walk, bike, and paddle her way across thousands of miles of Europe, Scandinavia, and Africa before taking on the ultimate challenge; an unassisted crossing of the Libyan Desert. What happened in that desert would change the course of Lisa's life and instill in her a love of desert running. This is a story of a life lived to the max; a story of challenges, setbacks, heartbreaks, and triumph.

Book Information

Paperback: 252 pages

Publisher: Allen & Unwin; Main edition (May 1, 2011)

Language: English

ISBN-10: 1877505099

ISBN-13: 978-1877505096

Product Dimensions: 5 x 0.9 x 7.7 inches

Shipping Weight: 12.5 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 14 customer reviews

Best Sellers Rank: #684,147 in Books (See Top 100 in Books) #176 in Books > Sports & Outdoors > Extreme Sports #1016 in Books > Health, Fitness & Dieting > Exercise & Fitness > Running & Jogging #3166 in Books > Biographies & Memoirs > Sports & Outdoors

Customer Reviews

"Lisa Tamati is a true inspiration, not only has she pushed her mind and body to the limit, she's done it for all the right reasons, using her gift to help others along the way." — Dean Karnazes, author, Ultramarathon Man "A strong, endearing and very personal account of one woman's growth into extreme sports athleticism. There are even a few tips for those crazy enough to follow." — Australian Bookseller & Publisher Magazine

Lisa Tamati has completed most of the world's toughest endurance races. Nicola McCloy has

written several books, including Whykickamoocow.

One of the reasons why I bought this book was because everything I was reading about ultrarunning was from the US. Lisa Tamati is a New Zealander and I'm an Aussie, and it's easier to identify with her because of the close relationship our countries, and cultures, have. Irrespective of this connection, I wasn't disappointed in this book. Lisa's story is honest, engaging, inspirational. I found it hard to put the book down, voraciously wanting to learn whatever I could about what led her to ultrarunning, what traits and experiences and values and opportunities came together to produce the accomplished endurance athlete that she is. Even better, she does this without the false modesty that distractingly comes across in other ultrarunners' stories. This has been one of the most influential books inspiring my own dreams about becoming an ultrarunner.

It was difficult getting through this book and for awhile I couldn't figure out why. It then occurred to me that it simply was not inspiring in any way. The writing is flat and really doesn't do justice to the accomplishments. After reading Jurek, Roll, Karnes etc I was hoping for more but with a female perspective, this wasn't it.

I really enjoyed this book, I thought it was written well..She's no novelist so don't expect that! What it gives is a good run down of her experiences which are gutsy if anything. She put up with much more personally than I think any normal person would in her personal life. Those experiences however have served her favourably however it seems in being able to push through whatever the situation and survive. A life well lived by the looks, going to download the newest release for a read as I found this one so inspirational!

This is an amazing story and it shows that anything you put your mind to you can achieve!! Thank you for sharing your story!

Mpls MN USA, just starting running again stage 56. I was looking for stories to keep me motivated and this is a great one. I loved getting to know her personal insights and amazed at what she has accomplished as an athlete.

5 stars all the way. A great book that brings the reader right into the adventure. Once I started reading I couldn't stop.

I loved this book so much. Pretty amazing and inspiring. Lisa Tamati is an example of a great professional ultra runner.

I'm a middle-aged and weak (like a normal m-age person), but I like to run and I'll like to test myself from time to time. This book was easy to read (even though my language skills are not good - my native language is Estonian). I read the book before I met Lisa and before the running event in Sahara in 2010. I got to know about her - why she is such as she is and the book helped me to understand himself, ultra running (theme) and survive in desserts (bad news - I don't learned about it; good news - I have one more person to care and admire).Indeed - the book is not step by step instructions for running. Indeed, the book does not radiate enthusiasm and excitement (and unfortunately there's no talk of hot sex or politics). But whether a person's life is just a great joy and happiness (without politics and other crap)? I read this book and discovered that my life is still very good and easy. Probably I can do a lot more than I thought.

[Download to continue reading...](#)

My Running Journal: Bubble Man Running, 6 x 9, 52 Week Running Log The Snazzy Jazzy Nutcracker: Hot, Hot, Hot in 1929! Hot Hot Hot Hot Sauce!: Techniques for Making Signature Hot Sauces, with 32 Recipes to Get You Started; Includes 60 Recipes for Using Your Hot Sauces RUN: What To Know About Running Before You Begin (A Complete Beginners Guide: Learn How To Start Running And Jogging) The Ultimate Beginners Running Guide: The Key To Running Inspired Chi Running: A Training Program for Effortless, Injury-Free Running Running: A Love Story: How an overweight radio DJ got hooked on running marathons Softball Base Running Drills: easy guide to perfect your base running today! (Fastpitch Softball Drills) My Running Journal: Personal Training Athletic, 6 x 9, 52 Week Running Log My Running Journal: Pink Shoe, 6 x 9, 52 Week Running Log My Running Journal: Runners, 6 x 9, 52 Week Running Log Marathon Training & Distance Running Tips: The Runner's Guide for Endurance Training and Racing, Beginner Running Programs and Advice Running Motivation and Stamina: Train Your Brain to Love Running with Self-Hypnosis, Meditation and Affirmations Healthy Running Step by Step: Self-Guided Methods for Injury-Free Running: Training - Technique - Nutrition - Rehab The Campaign Manager: Running and Winning Local Elections (Campaign Manager: Running & Winning Local Elections) Running Warsaw (Running the EU Book 27) Washington D.C. Running Guide (City Running Guide Series) HIIT: High Intensity Interval Training Guide Including Running, Cycling & Bodyweight Workouts For Weight Loss: Including Running, Cycling & Bodyweight Workouts for Weight Loss Jayne Ann Krentz CD

Collection 4: Sizzle and Burn, Running Hot (Arcane Society Series)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)