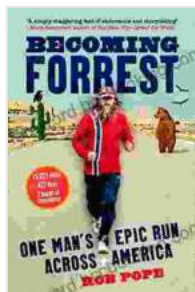


# The Extraordinary True Story of One Man's Epic Run Across America



**Becoming Forrest: The extraordinary true story of one man's epic run across America: One man's epic run across America** by Rob Pope

★★★★☆ 4.7 out of 5

Language : English  
File size : 41826 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 416 pages



In 1982, a young man named Dean Karnazes embarked on an extraordinary journey. He set out to run across the United States, from California to New York City, in just 80 days. The journey would cover 3,031 miles and would push Karnazes to his physical and mental limits.

Karnazes was not a professional runner. He was a businessman and a family man who had always loved to run. But he had never attempted anything like this before. He knew that the journey would be difficult, but he was determined to succeed.

Karnazes began his journey in Huntington Beach, California, on May 31, 1982. He ran through deserts, mountains, and cities. He faced extreme

heat, cold, and fatigue. He was chased by dogs, harassed by people, and even robbed at one point.

But Karnazes never gave up. He kept running, day after day, mile after mile. He drew inspiration from the people he met along the way, and from the beauty of the country he was running through.

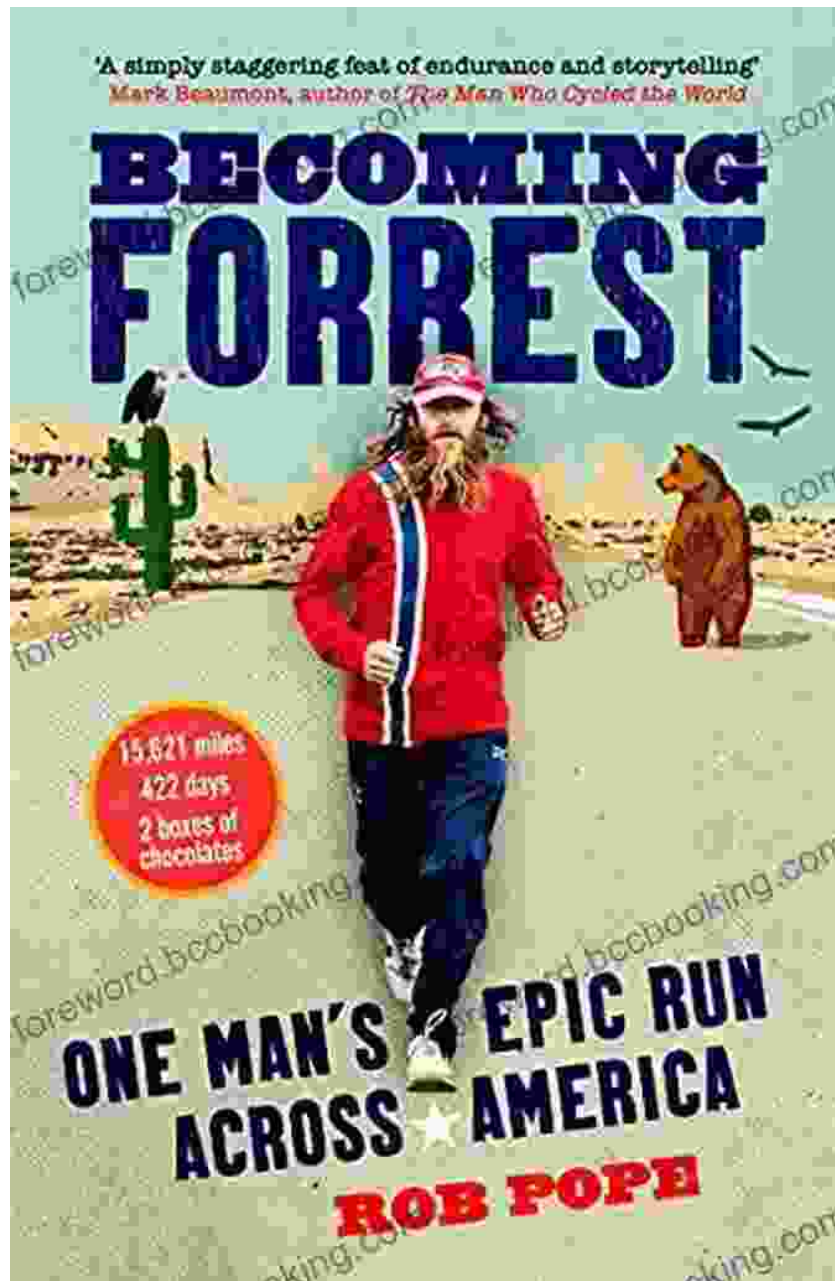
On August 18, 1982, Karnazes reached New York City. He had completed his journey in just 79 days, shattering the previous record by more than two weeks.

Karnazes's story is an inspiring and unforgettable tale of human endurance, determination, and the transformative nature of running. It is a story that will stay with you long after you finish reading it.

In his book, *The Extraordinary True Story Of One Man Epic Run Across America*, Karnazes shares his story in vivid detail. He describes the challenges he faced, the people he met, and the lessons he learned along the way.

Karnazes's book is more than just a running story. It is a story about the human spirit and the power of setting and achieving goals. It is a story that will inspire you to push yourself to your limits and to never give up on your dreams.

If you are looking for a book that will motivate you to live a more active and fulfilling life, then I highly recommend *The Extraordinary True Story Of One Man Epic Run Across America*.



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*The Extraordinary True Story Of One Man Epic Run Across America* is available now in paperback, hardcover, and audiobook.

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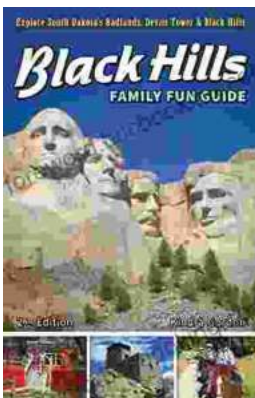
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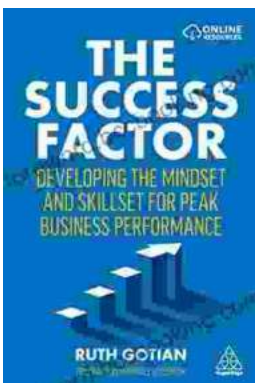
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