



TIME magazine named **Dean Karnazes** as one of the "Top 100 Most Influential People in the World." *Men's Fitness* hailed him as the fittest man on the planet. An internationally recognized endurance athlete and bestselling author, Dean has pushed his body and mind to inconceivable limits. Among his many accomplishments, he has run 350 continuous miles, foregoing sleep for three nights. He's run across Death Valley in 120-degree temperatures, and he's run a marathon to the South Pole in negative 40 degrees. On ten different occasions, he's run a 200-mile relay race solo, racing alongside teams of twelve. Dean has swum the San Francisco Bay, scaled mountains, bike raced for 24-hours straight and surfed the gigantic waves off the coast of Hawaii and California. His long list of competitive achievements include winning the world's toughest footrace, the Badwater Ultramarathon, running 135 miles nonstop across Death Valley during the middle of summer.

His most recent endeavor was running 50 marathons, in all 50 US states, in 50 consecutive days, finishing with the NYC Marathon, which he ran in three hours flat. Nobody thought this would be humanly possible prior to Karnazes historic undertaking.

Dean and his incredible adventures have been featured on 60 Minutes, The Late Show with David Letterman, CBS News, CNN, ESPN, The Howard Stern Show, NPR's Morning Edition, the BBC, and many others. He has appeared on the cover of *Runner's World* and *Outside*, and been featured in *TIME*, *Newsweek*, *People*, *GQ*, *The New York Times*, *USA TODAY*, *The Washington Post*, *Men's Journal*, *Forbes*, *The Chicago Tribune*, *The Los Angeles Times*, and the *London Telegraph*, to mention a few. He is a monthly columnist for *Men's*...

Dean Karnazes

Speech Topics

- ☐ Sports
- ☐ Philanthropy & Volunteerism
- ☐ Peak Performance
- ☐ Overcoming Adversity
- ☐ Business Speakers

