

Fall Shoe Reviews



Curing Runner's Knee



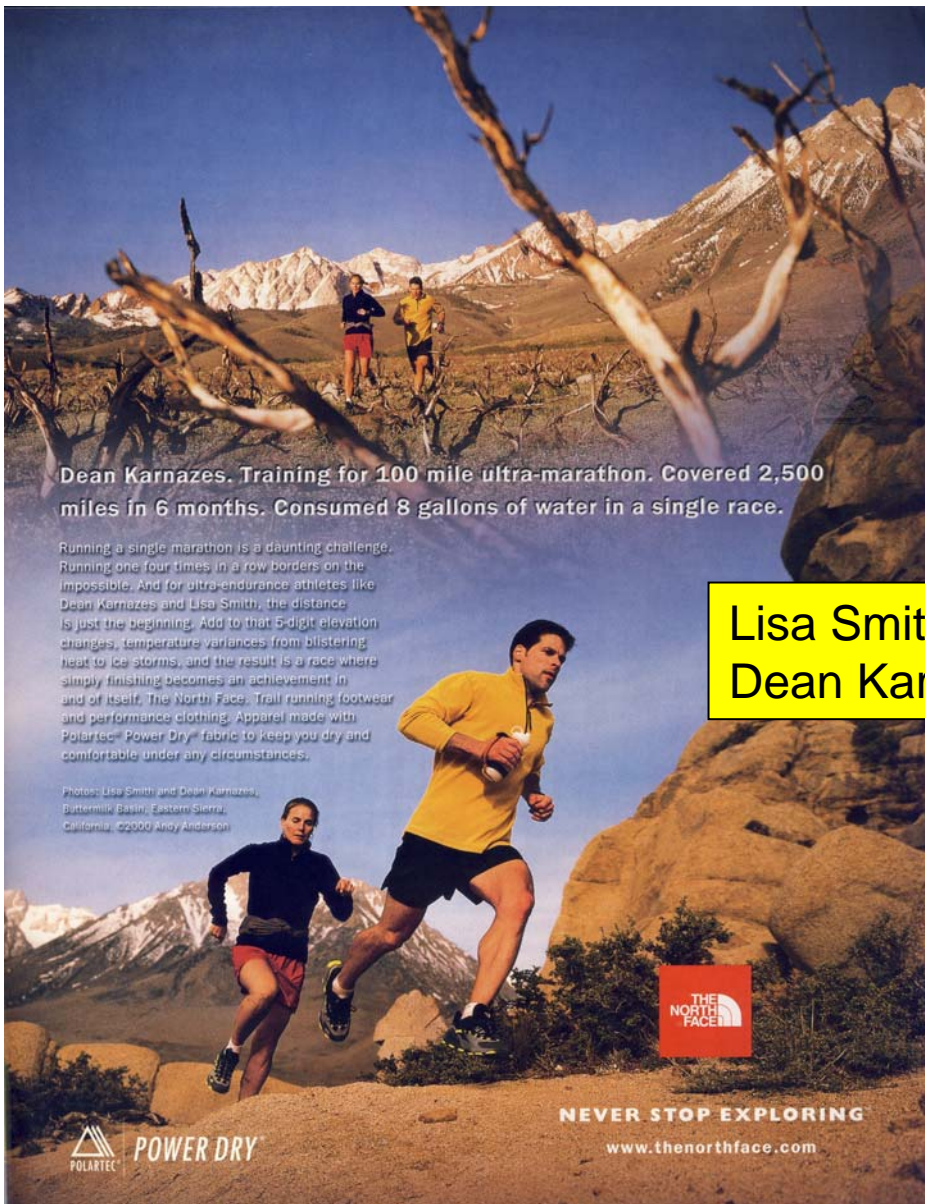
Race Calendar

Trail Runner

SEPTEMBER/OCTOBER

2000

the magazine of running adventure



Dean Karnazes. Training for 100 mile ultra-marathon. Covered 2,500 miles in 6 months. Consumed 8 gallons of water in a single race.

Running a single marathon is a daunting challenge. Running one four times in a row borders on the impossible. And for ultra-endurance athletes like Dean Karnazes and Lisa Smith, the distance is just the beginning. Add to that 5-digit elevation changes, temperature variances from blistering heat to ice storms, and the result is a race where simply finishing becomes an achievement in and of itself. The North Face Trail running footwear and performance clothing. Apparel made with Polartec® Power Dry™ fabric to keep you dry and comfortable under any circumstances.

Photos: Lisa Smith and Dean Karnazes, Buttermilk Basin, Eastern Sierra, California. ©2000 Anny Anderson

Lisa Smith-Batchen & Dean Karnazes



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