



## Trail Blazer: My Life as an Ultra-distance Trail Runner

By Ryan Sandes, Steve Smith

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**Trail Blazer: My Life as an Ultra-distance Trail Runner** By Ryan Sandes, Steve Smith

What does it take to run a six-day race through the world's harshest deserts? Or 100 miles in a single day at altitudes that would leave you breathless just walking? More than that, though: what is it like to win these races?

South Africa's ultra-trail-running superstar Ryan Sandes has done just that. Since bursting onto the international trail-running scene by winning the first multistage race he ever entered – the brutal Gobi March – Ryan has gone on to win various other multistage and single-day races around the globe.

Written with best-selling author and journalist Steve Smith, "Trail Blazer – My Life as an Ultra-distance Trail Runner" recounts the life story of this intrepid sportsman, from his experiences as a rudderless party animal to becoming a world-class athlete, and includes details on his training regimes, race strategies and aspirations for future sporting endeavors. Sports enthusiasts will enjoy the adrenaline-inducing trials and tribulations of one of South Africa's most awe-inspiring athletes, while endurance-sport participants – from beginners to aspirant pros – will benefit from his insights and advice.

As Professor Tim Noakes says in the Foreword to this book: 'However much we might think we know and understand, there are some phenomena which now, and perhaps forever, we will never fully comprehend. We call such happenings "enigmas". Or even miracles. Ryan Sandes is one such.'

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# Trail Blazer: My Life as an Ultra-distance Trail Runner

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## **Trail Blazer: My Life as an Ultra-distance Trail Runner** By Ryan Sandes, Steve Smith Bibliography

- Sales Rank: #878814 in Books
- Brand: imusti
- Published on: 2016-07-27
- Released on: 2016-08-10
- Original language: English
- Number of items: 1
- Dimensions: 9.10" h x .90" w x 5.90" l, .0 pounds
- Binding: Paperback
- 272 pages

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### **Editorial Review**

#### **About the Author**

Ryan Sandes burst onto the trail-running scene seemingly out of nowhere in 2008 by winning the Gobi March, a seven-stage, 250-kilometre race across the brutal Gobi Desert. Proving this was no fluke, he would go on to become the first, and only, person to win every race in the 4 Deserts Race Series before turning his attention to the world's great single-stage 100-milers. A sensational win at the high-altitude Leadville 100 in Colorado and victories in Australia, Hong Kong, the Canaries and Patagonia, as well as setting the fastest known time for the 209-kilometre Drakensberg Grand Traverse, have confirmed his status among the very elite of ultra-trail running. He lives in Cape Town, South Africa.

Steve Smith is a successful magazine editor and writer who penned the bestselling sports autobiographies *To the Point*, for bad-boy cricketer Herschelle Gibbs, and *SuperVan & I*, for motor-racing legend Sarel van der Merwe. Steve is also an enthusiastic mountain-biker, having completed several multiday stage races. He is the editor of *CAR* magazine, and was previously at the helm of *Red Bull's* magazine, *The Red Bulletin*, and *Sports Illustrated*. He lives in Cape Town, South Africa.

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##### **Ida Green:**

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##### **Andrew Thompson:**

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##### **Scott Manuel:**

People live in this new day time of lifestyle always aim to and must have the extra time or they will get lot of stress from both day to day life and work. So , when we ask do people have free time, we will say absolutely indeed. People is human not just a robot. Then we inquire again, what kind of activity have you got when the

spare time coming to anyone of course your answer will probably unlimited right. Then do you try this one, reading guides. It can be your alternative with spending your spare time, often the book you have read is usually Trail Blazer: My Life as an Ultra-distance Trail Runner.

**Jose Hackler:**

In this particular era which is the greater person or who has ability in doing something more are more treasured than other. Do you want to become one of it? It is just simple way to have that. What you have to do is just spending your time not very much but quite enough to experience a look at some books. Among the books in the top collection in your reading list is Trail Blazer: My Life as an Ultra-distance Trail Runner. This book which can be qualified as The Hungry Mountains can get you closer in getting precious person. By looking way up and review this publication you can get many advantages.

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