

DEAN KARNAZES

Speaker ♦ Bestselling Author ♦ Athlete ♦ Entrepreneur

Named by *TIME* magazine as one of the “100 Most Influential People in the World,” Greek-American Constantine “Dean” Karnazes has pushed his body and mind to inconceivable limits. He once ran 50 marathons, in all 50 US states, in 50 consecutive days. He’s run across the Sahara Desert and run a marathon to the South Pole. On ten separate occasions he’s run a 200-mile relay race solo, racing alongside teams of twelve. Men’s Fitness hailed him as one of the fittest men on the planet and GQ magazine called him, “The Perfect Human.”

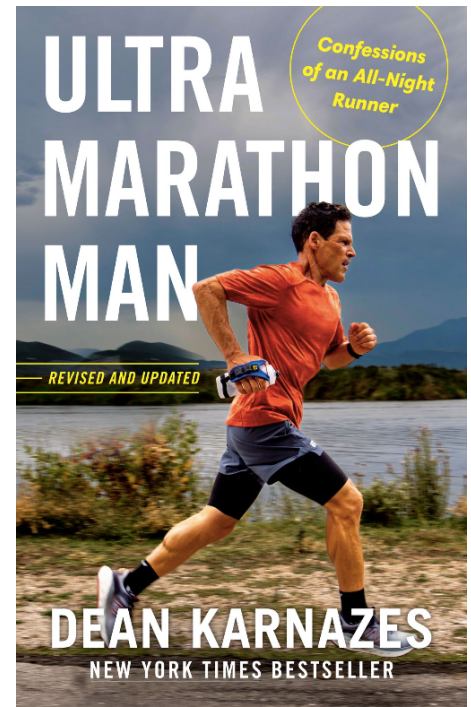
An acclaimed endurance athlete and NY Times bestselling author, he’s won the World’s Toughest Footrace, the Badwater Ultramarathon, running 135 miles nonstop across Death Valley during the middle of summer and has raced and competed on all seven continents of earth, twice.

Dean is an *ESPN* ESPY winner, a 3-time recipient of *Competitor* magazines Endurance Athlete of the Year award and has served as a US Athlete Ambassador on three separate Sports Diplomacy envoys. He’s twice carried the Olympic Torch and is a recipient of the President’s Council on Sports, Fitness and Nutrition Lifetime Achievement Award. He currently serves as the Global Ambassador of Greek Tourism.

Dean and his incredible adventures have been featured on *The Today Show*, *60 Minutes*, *The Late Show with David Letterman*, *CBS News*, *CNN*, *ESPN*, *The Howard Stern Show*, *NPR’s Morning Edition*, *Late Night with Conan O’Brien*, the *BBC*, and many others. He has appeared on the cover of *Runner’s World*, *Outside*, and *Wired* magazine’s, and has 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*, the *Wall Street Journal* and the *London Telegraph*, to mention a few.

Yet it is his unique ability to enthuse athletes of all abilities and backgrounds that truly sets Dean apart. Despite his many accomplishments, awards and distinctions, he remains most proud of his ongoing contributions of time and funding to programs aimed at getting children and youth outdoors and active. He has raised millions of dollars for charity and served on the Board of Girls on the Run, an international organization that helps young girls learn valuable life skills through training and completing a 5K.

Beyond being a celebrated endurance athlete, philanthropist, and bestselling author, Dean is an accomplished businessman with a notable professional career working for several Fortune 500 companies and startups alike. A graduate of the University of San Francisco McLaren School of Business & Management, he is uniquely able to demonstrate how the lessons learned from



athletics can be applied to business, and he is able to convey, with authenticity, the many insights he has gleaned along the way as a record-setting athlete and professional businessman.

Dean is a sought after speaker who has captivated and inspired audiences across the globe with his stories of persistence and perseverance. His dynamic, engaging and rousing presentations focus on going beyond perceived limitations to be the best that you can be. He talks about unlocking an inner strength to achieve extraordinary results. His real-life examples explore the topics of: dealing with adversity, overcoming obstacles, setting and reaching lofty goals, the importance of teamwork, even in solo endeavors, and excelling in a competitive, and often confusing, world. In his presentations he examines and discusses the essential ingredients necessary for high-achievement and developing the ability to prevail and preserve against staggering odds.

Dean is believable, because his achievements and accomplishments are real. He delivers his message with the insight and candor that only an individual who has lived through such experiences can. Dean's stories of endurance and perseverance are often comical, sometimes tear-jerking, and always thought-provoking and entertaining. His roster of clients include: Nike, Google, Sony, PepsiCo, Bank of America, Apple Computer, Merck Pharmaceuticals, Toyota, Starbucks, Accenture, Stanford University, Yale, JP Morgan Chase, Amazon, Facebook, and a host of others.

For more information, visit: www.Ultramarathon.com