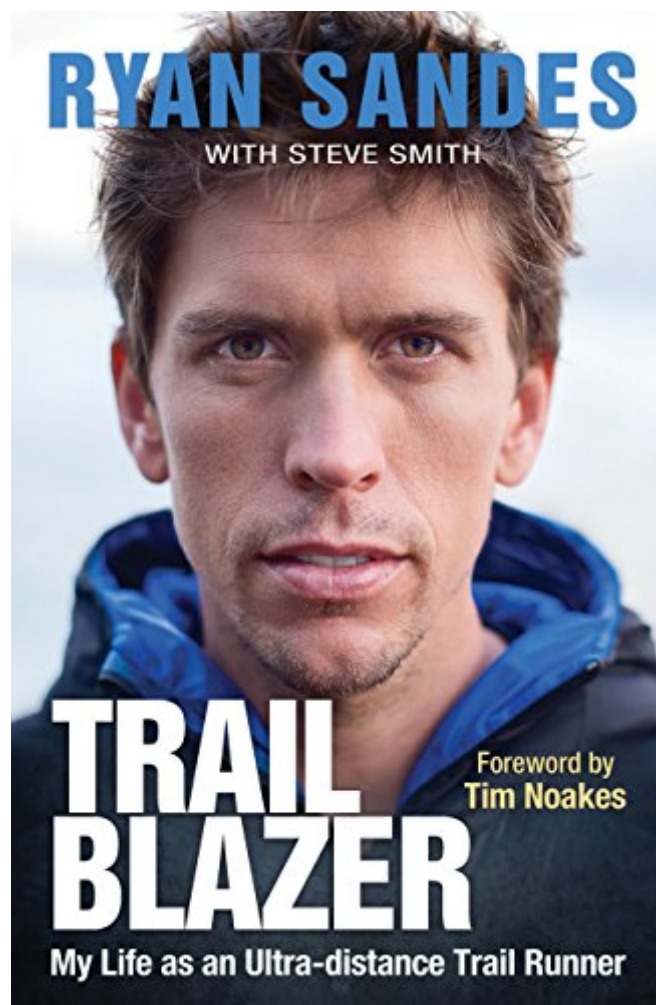


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# Trail Blazer: My Life As An Ultra-distance Runner



## Synopsis

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 bestselling 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 endeavours. 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."

## Book Information

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## Customer Reviews

A great read and followed on from my reading Born to Run and Eat and Run. I knew Ryan Sandes was good, I just didn't realise he was that good. An insightful look into his running career and achievements to date filled with humour and South Africanisms which will make you long for African soil and the contour paths of Table Mountain. Or any mountain in fact. Achieving the impossible is possible. Highly recommended read for rest day reading. You will be inspired!

Ryan Sandes is one of my idols as I think he is an incredible athlete and put trail-running on the map in South Africa for me. I digged his story as it is simply the story of a normal guy from South Africa with an incredible ability at endurance events. He tells his story in a very cool and relatable way and credit must also go to Steve Smith for putting Sandes' words to paper. His book also gives you a lot of tips for trail-running and endurance sports and those tips have helped me in my last 2 races I participated in. Great book and a must for trail-runners and endurance athletes, and South Africans as well.

Really great book. To be honest I doubted Ryan after the 2015 season, however this book help to adjust my attitude. This book is a honest insight into the world of a talented and up and coming force in the trail running community. Thouroughly enjoyed every page! Read it whether you are into trail running or not! If you are a fan of athletisim you with be happy.

If this book doesn't bring out your competitive side, I don't know what will! Entertaining, motivating, and informational. As he references, Americans aren't very aware of what's happening on a global level and it was awesome to read about new races and different runners in the ultra scene.

Fantastic read, could not put the book down and even though my wife is not a serious runner I have given it to her to read as she is very supportive of my running and thought she would very much enjoy the book also!

A great read for any runner or endurance sport enthusiast. A honest and entertaining behind the scenes look at Ryan's life and career with many very helpful practical tips for ultra distance trail running. Highly recommended!

As an amateur runner who has struggled through a few ultras, it was great to get a bit of insight into the world of Ryan and other pros. Informal, casual style that was easy to read and good practical advice.

I really enjoyed reading this book. I have read many books about running and ultras, as it is my hobby, however few of them are written in a way that are really readable. The book has a nice balance between non-running related background about Ryan and stories of his runs. It gives a better understanding of what pro ultrarunning athletes go through not only physically but also mentally. I was able to get a feel about how on the one hand it is great to be free and do what you love as a job, but on the other hand how the pressure builds up as you really depend on performing well. I have followed the ultrarunning scene the last few years and it is fun reading the Ryans side of the stories / races one has followed. Especially Western States and Leadville. I can recommend this book to runners and non runners alike. I read it in one go.

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