



A Few Degrees from Hell: White Hot Tales from the Badwater Ultramarathon

Scott Ludwig

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The Badwater Ultra-marathon is commonly referred to as the toughest footrace on the planet. In 2003, defending champion Pam Reed, Dean Karnazes and 71 other runners took the ultimate challenge of running 135 miles in California from Badwater to the portals of Mount Whitney. Their journey would take them through the hostile environment of Death Valley and subject them to temperatures ranking among the highest ever recorded on earth. Twenty-five runners tell of their adventures in arguably the absolute toughest of the roughest footrace on the plane - the good, the bad and yes, the ugly - in this incredible and fascinating compilation. You are certain to gain a respect for the runners you will meet and perhaps an even greater respect for the area known as Death Valley. The runners who experienced heat exhaustion, dehydration, nausea, blisters, hallucinations, and fatigue during the race - competed in temperatures literally a few degrees from hell.

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