



The Extra Mile: One Woman's Personal Journey to Ultrarunning Greatness

Pam Reed

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One year after her astonishing victory at the Badwater Ultramarathon, Pam Reed again made distance running history when she braved the hottest weather in years--135 degrees--to successfully defend her title. How does this 100-pound mother and stepmother of five muster the endurance and courage for the 28-hour climb from the hottest desert floor on Earth to the shadow of the continental United States' tallest point?

In *The Extra Mile* we watch this ultramarathon champion seek balance in her life as a wife, mother, athlete, and entrepreneur. With astonishing candor she tells of her 15-year-long battle with anorexia. And she helps us to understand her passion for ultrarunning--to discover how far the human body can be pushed.

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