

# ONE MORE K.

*Words to make you fly.*

*Ned.*





# ONE MORE K.

*Words to make you fly.*

*Ned.*



# INTRO.

## *Why run?*

*Because you can.*

*And there will be a day, or many days, when you can't. And that would suck so much. It would suck even more if you never have.*

*It's not the actual activity that matters. As much as the feeling. What it does for your being. For your soul. For your inner energy. For your belief.*

*This is what we have at our core.*

*And these short poems are for that. To light the fire. Keep it burning. Make you smile. Make you dream.*

*When I run far. I smile. I dream. I burn. I believe. So grateful for all those things.*

*That fire energy and belief can be put into words that make you smile. For you. Because sitting isn't a game plan for life.*

*If you can. You must. And I hope these stories from the road and trail will get you there.*

*See you out there.*

*Ned.*

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# MOTIVATION

*Chapter 1.*

**ALWAYS.**

*"I find it hard to understand when people don't want adventure. Stay safe. Why? For what? To live a longer safer life? Is that living?"*

*Always.*

*Always the adventure.*

*I don't get what the other option. Is.*

*Netflix.*

*The sofa.*

*Comfort.*

*Safety.*

*That's not what we are designed for.*

*We meant to go out*

*There.*

*Unknown.*

*And suffer.*

ALWAYS.

*You know what he said.*

*Because it's there.*

*Yes.*

*But also*

*Because it's us.*

*That extra long run.*

*In the rain be cold.*

*That race you don't know.*

*That country that needs traversed.*

*That's where beauty is.*

*Because.*

*When you are chafed.*

*Cold.*

*Hungry*

*Tired.*

*You are also.*

*Exhilarated.*



ALWAYS.

*Living.*

*Feeling.*

*Unending joy.*

*It may seem strange.*

*But that question*

*Why*

*Why not makes way more sense.*

*There is a phrase in adventure*

*When the going gets tough.*

*It's not ok to moan*

*It's ok to say nothing.*

*But it's admirable to revel in it.*

*You can only feel it when you at the edge.*

*When all of your regular feelings are gone.*

*When it's 18 hours into a day.*

*Then.*

*And only then.*

ALWAYS.

*You are alive.*

*Truly.*

*And it's an addiction*

*Normal life*

*Feels.*

*Well. Not normal.*

*Get out there.*

*On the road.*

*And never stop.*

*See you out there.*

*Ned*



# MOTIVATION

Chapter 2.

THAT SUCKS.

*"I tried a 30 hour session after being sick. I bailed at 12 hours. Sucks. But thats who I am. Have to try!"*

*That sucks.*

*When you take the first step.*

*And you know.*

*It's not your day.*

*Something feels off.*

*Tell your head it's fine.*

*But.*

*We are taught to suffer*

*So how do you know ?*

*Right?*

*Its nothing.*

*1 hours. 2 hour.*

*5 hours. That feeling.*



## THAT SUCKS.

*In the stomach. In the legs.*

*It moves it's way up to your head.*

*Hmm.*

*Maybe not today.*

*Put on music.*

*It's fine*

*Smile,*

*Hour 7 and 8 feel good.*

*Tunes blasting.*

*Caffeine in.*

*Everything's good.*

*Right?*

*Hour 10 and 11.*

*Ok.*

*It's not running or suffering that sucks.*

*Its reality.*

*The reality that stopping is coming.*



THAT SUCKS.

*That you aren't right.*

*That you won't hit your goal.*

*The stride shortens*

*The stomach rebels.*

*The mind fights back*

*The watch winks.*

*You do like dem apples?*

*I do.*

*But not today.*

*Slowly.*

*The walking starts.*

*And the reality wins.*

*You stop.*

*That moment.*

*That exact moment.*

*I leaned on the railing.*

*Just before midnight.*



THAT SUCKS.

*I stopped.*

*Sure. I should have known.*

*I was sick for the whole week before.*

*One day better.*

*But hey.*

*LFG.*

*Right.*

*I stopped.*

*Limped home.*

*Sad. Smiling.*

*Reality*

*It sucks.*

*Not finishing a run doesn't suck.*

*It's amazing.*

*You got out there.*

*Imagine.*

*You never got out.*



THAT SUCKS.

*That would suck.*

*Get out there.*

*Ned*



# MOTIVATION

Chapter 3.

## REACH FOR WHAT YOU CANNOT.

*"One of the great running philosophers was George Sheehan. He wrote an amazing essay to implore us to reach for what we cannot. Not what we can."*

*Reach for what you cannot.*

*Enough of this nonsense*

*Of aiming for achievable goals*

*Even vaguely achievable goals.*

*You learn little by finishing*

*Nothing from easy.*

*A goal that is within touching distance*

*Isn't a goal*

*Its just a thing you can do*

*It is a goal*

*With a wide net*

*Without a goal keeper.*



## REACH FOR WHAT YOU CANNOT.

*What does that do for you?*

*It confirms the idea*

*You did something.*

*But not a thing.*

*Not an actually thing*

*That you learnt from.*

*Don't reach for what you can.*

*Reach for what you cannot.*

*I cannot run 500k in one go.*

*I cannot run 75 loops of Laz's Backyard.*

*What can you cannot.*

*You train for cannot.*

*Not for can.*

*You stop eating shit for cannot*

*You eat ice cream for can.*

*You do the hard reps for cannot*

*You train easy for can.*

REACH FOR WHAT YOU CANNOT.

*Lets step the F out there*

*Lets yell.*

*I cannot*

*And I will.*

*Let's do this people.*

*I cannot run 500k in 75 hours.*

*And I will do it.*

*What can you cannot?*

*LFG*

*Ned*



# MOTIVATION

Chapter 4.

## PAIN.

*"It is not about how much pain you can handle. It is how much you can do while in pain."*

*Pain*

*What is it?*

*Is it actually there?*

*Are you just thinking it?*

*What if you didn't think*

*Would it go away?*

*90 miles in*

*10 miles to go*

*What are you thinking*

*About the pain?*

*But let's think*

*What gets you to the end*

*Thinking about pain?*



PAIN.

*Or thinking about running*

*You know*

*But it's hard to do*

*So how do we run and not think about the pain*

*Here is how*

*We accept*

*It's not that that's it not there*

*It is there*

*But accept it*

*Let it be there*

*Settle into it*

*Then focus on the task*

*Because it's not how much pain you can handle*

*It is how much you can do*

*While in pain*

*Just stop*

*Think about that*



PAIN.

*I'll say it again*

*It's not how much pain you can handle*

*It's how much you can do while in pain*

*Re frame*

*Change the mind*

*When pain comes*

*Accept it*

*Let it be part of you*

*Move above it*

*Then carry on*

*10 miles*

*You have to run*

*So let's focus on that*

*So much more positive to have that mindset*

*Never feel the pain or focus on the pain*

*Or waste emotional energy on the pain*

*The task*



PAIN.

*Only the task*

*What?*

*Is that finish line?*

*Yes.*

*And the pain after the finish line*

*Gone?*

*Wait?*

*It was only in my head all along*

*It's just a feeling.*

*So don't feel it*

*Get out there.*

*Ned*



# MOTIVATION

Chapter 5.

100%.

*"Can we ever give our all? I don't think so. But then again.  
What do I know. I have never given my all."*

100%

*Have you?*

*Ever.*

*Given 100%*

*Like all of it.*

*What is all of it.*

*When you are tired?*

*Exhausted. Delirious. Unconscious?*

*I am fascinated.*

*Why do people stop?*

*It is almost always a choice.*

*A choice too early in my opinion.*

*People stop at 80% because it 'hurts'*



100%.

*Yes. It is supposed to hurt.*

*If you want comfort, watch Netflix.*

*The growth is in the joy of the pain.*

*The pain is joy.*

*When people say during, or after, a race;*

*“I don’t know why I do this”*

*I want to rip my hair out!*

*I scream!*

*‘The don’t f-cking do it’*

*Don’t complain.*

*You have no idea how lucky you are.*

*This suffering is amazing.*

*You should be smiling and pushing on.*

*Not complaining and pulling back.*

*Finish line. Pah. Pointless.*

*That is the worst part.*

*Unless you found 100%*



100%.

*Which you didn't.*

*Because you are listening to this.*

*I have never given 100%.*

*I have tried.*

*I will always try.*

*Take a moment.*

*Think.*

*Last time you stopped.*

*Why? Really? Were you actually done?*

*Or just told yourself to stop.*

*But it's not about your body.*

*That's just a meat suit.*

*It's about your soul.*

*Live forever if your soul never dies.*

*So don't let it die in front of Netflix, cake and  
excuses.*

*Build it out there.*

100%.

*In nature.*

*On the run.*

60%

70%

80%

90%

100%

LFG.

*You know it makes sense.*

*Don't be the 60% dude.*

*See you out there.*

*Ned*



# MOTIVATION

Chapter 6.

## NORMAL.

*"Why running is normal. Because Netflix and chill is not what we were designed for."*

*Normal?*

*Is it? What we do?*

*Killian makes it look New Normal.*

*But running has always been normal. Right?*

*10 million years ago.*

*We ran. To the supermarket.*

*That's what a mammoth was called then.*

*A running hairy horned supermarket.*

*We ran it out of energy. We have more.*

*Humans can out run anything.*

*No animal has our endurance.*

*We are kings and queens of running forever.*

*So it is normal to run until we catch things.*



## NORMAL.

*But we don't need to do that any more.*

*Kmart. Tesco. Costco. They don't run away when we approach.*

*They give up so easily and offer us donughts.*

*We say. Yay. A sugary treat without running.*

*I'll have a dozen please.*

*We drive home. Sit in our AC or heated cave.*

*In front of our views.*

*Flickering from our digital fires.*

*NetFire. That's what it's called right?*

*We can stare all night.*

*The flames never go out.*

*And we don't even have to collect the fuel to keep it glowing.*

*So we don't run.*

*Indeed it's become normal not to run.*

*We are so comfortable, that our greatest utility, our endless endurance, is now useless.*



## NORMAL.

*So we evolve. To be slow. And stationary.*

*And that has become normal.*

*But not us. Not us ultra runners.*

*We have that old human inside.*

*Refusing the donughts. ( Well. Actually. Me and Dunkin are pals. But don't tell anyone).*

*You can't outrun a donut but you can be a running human.*

*And feel what it is to be human.*

*Before being a modern human became normal.*

*Killian's New Normal isn't new. Its amazing. Its old.*

*I*

*t's us as we were. Endless running beings.*

*Normal. A marathon? Nah. Too short.*

*A 100k. Mm. A 100 miles. Now we are talking.*

*200 miles. The new 100 miles. And longer. Yes longer.*

*Because that's how awesome we are.*



## NORMAL.

*The greatest running animals ever invented.*

*You can run further than you or I believe.*

*And I believe you can you forever.*

*The more of us who run the more it becomes  
Normal. New Normal.*

*Back to our roots.*

*And while I love the trappings of this modern life.*

*I have never felt more normal than when my legs  
are wrecked, my undercarriage chafed, my calories  
gone and my soul overflowing.*

*Stand up. Lace up. Be human.*

*The greatest running machines ever.*

*Just doing what we are designed to do.*

*Just being normal.*

*See you out there.*

*Ned*



# MOTIVATION

*Chapter 7.*

## IT'S YOU.

*"It is always up to you what happens. That race. That adventure. Up to you. Get at it."*

*Lazarus Lake.*

*Is he a race director?*

*Or the soul of our sport.*

*He thought of Backyard when he was at college, 40 years ago. It was always in his heart and mind.*

*John Collins. You know who he is?*

*He got drunk with some friends. In Honolulu.*

*One of them a swimmer. One a cyclist. One a runner.*

*They were arguing over who is the fittest.*

*So they said let's do all three in a day and the winner let's call them an Ironman.*

*The Oahu open water swim. The round the island cycle. And the Honolulu marathon.*



## IT'S YOU.

12 people started that day. 12. That's it. Winner got a metal nut on a coat hanger that looked like an ironman.

That started a movement.

The Polettis. Can you run round Mont Blanc In a day?

Would other people want to do it?

Would anyone want to do it.

First a few said yes. Then more.

Now too many? Maybe. Maybe not.

What if everyone in the world was an ultra runner.

I think the world would be better.

Andre Blumberg. Hong Kong Four trails.

Big city. Bigger trails. All four. In 3 days.

Not possible.

Now it's done in under 2 days.

It's you. You don't need to create a race for all.

It's great if you do.



## IT'S YOU.

*But create your own adventure.*

*In your own mind.*

*Plot a route for the weekend that's different.*

*Hard. Wild. Short. Long. Who cares.*

*But make it an adventure.*

*Because that's what it is about. Your own journey to  
a place that fulfils you.*

*But don't make it easy.*

*Do it like Backyard. Ironman. UTMB. Four trails.*

*Make it seem outside the realm.*

*And fail a few times.*

*Because you never learn nothing from the easy path.*

*Get out there.*

*Ned*



# MOTIVATION

Chapter 8.

## THE WAY OF THE WHY.

*"The why we run question. Because it is in our DNA and because we are super lucky to be able to run"*

*The Way of the Why.*

*You know when people say 'Never again'. Or " I don't know why I do this" during a race.*

*They do know. We all know. You know. Right?*

*We don't have to do it. No one makes us.*

*So why do we do it?*

*Because;*

- we are lucky enough to have the resources and time to willingly suffer*
- nature is us, and endurance in nature makes us more us*
- It is an art form. And not just on Strava.*
- suffering is soul enhancing.*
- It makes us superhuman.*



## THE WAY OF THE WHY.

*• It is beautiful.*

*I heard someone call endurance sports only for people who were W.E.I.R.D.*

*He didn't mean what you think. He meant this;*

*Western Educated Industrial Rich Democracies.*

*Only people who are extremely fortunate in life have the luxury to be able to partake in what is essentially a survival activity.*

*Turned into a game. It's what the Court always says.*

*'This is a game. Let's play'*

*And the game is spreading.*

*Economically more and more people have the economic freedom to enable them to indulge in willing suffering via endurance.*

*And that is a good thing.*

*When life gets too comfortable we don't grow.*

*We are in a time when so many more people want to experience this lifestyle.*



## THE WAY OF THE WHY.

*There has never been a time like this.*

*Well maybe that's not true.*

*The biggest spectator sport in 1880 in New York was Pedestrianism.*

*At Madison Square Gardens athletes would take part in 6 days races. 6 days of non stop walking loops of the famous sports arena.*

*Crowds of 20,000 people would watch and gamble on the outcome.*

*The athletes were superstars.*

*And then it died.*

*Only to come back again now.*

*Courtney. Killian. Sorokin.*

*Modern day pedestrians scaling the heights so we can all dream. And suffer.*

*And indulge; in this life giving activity.*

*Long may this current wave continue.*

*Because as a planet we all get better when we all experience this great joy.*

## THE WAY OF THE WHY.

*So when asked why.*

*Say 'because I am lucky'.*

*Because you really are.*

*To be able to do this, at this time right now.*

*See you out there*

*Section 2. AGE.*

*Ned*



# AGE

Chapter 9.

OLD.

*"Never stopping. You getting younger. Not older we have been sold a lie. Why slow as you get older? That's on you."*

Old

*You don't stop because you get old*

*You get old because you stop*

*I used to think*

*50 was ancient*

*That old people would crawl.*

*Not run.*

*6mins per k. Hah!*

*Is that walking?*

*My younger self thought.*

*I inwardly laughed as I skipped along sub 5 and sub 4.*

*Won't happen to me.*



OLD.

*Young forever.*

*Then it didn't happen.*

*Somehow I got slow but not old.*

*6 mins became sprinting*

*But there was no issue*

*Because there is a superpower with old runners.*

*They have a missing thing*

*Ego*

*I don't mind being last.*

*I don't worry what others think*

*I skip along.*

*Like a turtle with a cane*

*And a smile*

*In a way my younger self never could have*

*Tick tock*

*Goes the clock*

*Old I get*



OLD.

*Slower I get*

*Yet*

*Somehow better I get*

*Better at running?*

*Better at life?*

*Better at being a human?*

*Not sure.*

*But somehow*

*Just better*

*Indeed I just won a race with my ego.*

*I won it as my ego no longer mattered.*

*I can run*

*Free.*

*Forever.*

*Imagine me 80.*

*I will be faster than even the slowest turtle.*

*Young people*



The page features a light beige background with several large, soft watercolor washes in shades of green, pink, and yellow. On the left side, there is a small, dark silhouette of a person running, positioned as if on a path that leads from the bottom left towards the center. The overall aesthetic is minimalist and artistic.

OLD.

*You have no idea*

*Getting old*

*Is the greatest running gift ever.*

*Get out there*

*Ned*

# AGE

Chapter 10.

## NOT OLD. EVER.

*"We have it so wrong. The idea that we should do less as we age? Absurd."*

*Not old. Ever*

*It's a state of mind.*

*You choose.*

*Not the clock.*

*Not the calendar.*

*Not how old you actually are.*

*You.*

*In your mind.*

*Decide.*

*I get younger every year*

*That's what I tell myself.*

*My dreams and goals get bigger not smaller.*



## NOT OLD. EVER.

*We have been conditioned by society to slow down and sit down.*

*You can do that.*

*But why.*

*Not me.*

*I was 57 the other day.*

*So I ran 57k.*

*Next year I am 58.*

*I will run 58k*

*I will do that every birthday until I am 100*

*Can I?*

*You can. You could. You should.*

*You just have to change that mindset.*

*Remember when you were a kid. And you saw old people.*

*Shuffling along as you tore around the playground.*

*Running. Leaping Screaming. Swinging.*



## NOT OLD. EVER.

*And you wondered. Why they get old? Not happening to me.*

*That choice is still there for you.*

*Running is the playground.*

*Everyday you run and play in it you get younger.*

*Did you see Jeannie Rice. She is 75. She ran a marathon in 3.30.*

*She beat all the 75 year old men.*

*She beamed with smiles as she crossed the line.*

*She most certainly didn't do that with her body.*

*That was a mindset that refuses to be told what age is.*

*So. Here's my advice.*

*If you are young. Take a snapshot of your young mindset.*

*Hang on to it.*

*If you are old. Go for an run. Then another one.*

*Then a crazy one.*



NOT OLD. EVER.

*Then set a goal.*

*Like running your age in k's every birthday.*

*Or whatever.*

*But a goal that's not conformed by society.*

*Don't settle for getting old*

*We are the wild ones.*

*The young ones.*

*Forever.*

*Running wild.*

*Or you could sit in your seat and let time do its thing.*

*Up to you.*

*I'm running a 100 miles to the start of a 5k race this weekend.*

*Why?*

*Because it keeps me young.*

*See you out there*

*Ned*



# AGE

Chapter 11.

## LET'S GO UNCLE.

*"When a young person sees an old person running and shouts some respect at them. Made me smile."*

*Let's go uncle*

*I don't think it gets any better than this.*

*2am. In the far flung corner of Singapore.*

*I am at 65k of a 100k overnight run.*

*A group of young dudes. Riding their bikes crazily across the road. Going opposite direction from me.*

*They see me. Start cheering. No one else is out running here in the middle of night.*

*They are having a blast. Blasting music. Riding free.*

*And then one guys yells at me. With his fist in the air.*

*"Let's go uncle"*

*Uncle means old man in Singapore.*



## LET'S GO UNCLE.

*And that's what I am. Just an old man. Running. In Singapore.*

*Let's go. Old man.*

*This was a different run.*

*I was running a 100k to the start of. 5k race.*

*Why? You know what Edmund said.*

*I had given myself 14 hours. Left at 5.30pm Friday.*

*Had to be back for start of race at 7.30 Saturday.*

*At 50k I knew it would be tight.*

*8mins 24 secs per k is 14 hours for 100k.*

*When you stop the clock doesn't and the average creeps up.*

*I had to go into 7-11 to buy drinks.*

*Had to be in and out in 2-3 minutes.*

*Choose drink. Q. Pay. Leave shop. Open drinks. Drink some. Pour others into flask. Close lids. Throw rubbish. It takes time.*

*At 2am my watch said 8 mins per k average. At*

*3am. 8.10 per k. Tik tok. Don't stop.*



## LET'S GO UNCLE.

At 6am it said 8.21 per k. 90 minutes to go. No music. Just focus. At 7am it says 8.22 per k.

I arrive at 7.25am. 100k done. 5 minutes to go before the 5k race starts. I was struggling to hold 8 mis per k at the end.

I only have 5 minutes then I have to race 5k with all my heart.

Ugh. It's going to take 40 minutes. I suck.

Gun goes. My friend Markus runs at 5 minutes 40 second per k for the first k. I stick with him.

Wait. What? I can run that fast now?

K. 2. Same. K 3. Who is superman?!. K4. Here I come. K5 I chase down a young man. He's running close to 5 minutes per k..



I finish 28 mins 32 seconds.

5.40per k. How? After a 100k? I don't know. But I guess the body and mind are beautiful crazy weird things.

I don't know how. But I do know one thing.

LET'S GO UNCLE.

*Let's Go Uncle.*

SECTION : PEOPLE

*Ned*



# PEOPLE

Chapter 12.

## WHY NOT YOU?

*"This for is David Roche. His absolute belief. His serenity.  
His fuck you killer attitude. Her s a quandary. A lovable  
killer."*

*Why not you*

*Your not that person*

*Right David?*

*It's hard to say*

*"It's me."*

*It comes across as off*

*But surely we all dream*

*We all want more*

*So why not me*

*It doesn't come for free*

*It takes work*

*As Kobe did.*



## WHY NOT YOU?

*In the gym at 4.30.*

*Rewatch every tape.*

*You have to do what others won't*

*Say no to that crap food and beer*

*Put in the extra miles.*

*Do the speed work*

*The hills.*

*Sleep right.*

*Do it all.*

*And then the main part*

*Think about what you want*

*Even if seems way out there*

*Then say it*

*Who cares if people giggle or don't believe.*

*You have to believe*

*Because if you believe you can or you can't*

*You are right*



## WHY NOT YOU?

*Whatever that crazy out their dream is.*

*Say it out loud.*

*It makes life way more interesting.*

*So 2025.*

*Say it loud.*

*Because little dogs*

*Don't become big dogs*

*By waiting for scraps in the corner.*

*Let's fucking go.*

*Ned*



# PEOPLE

Chapter 13.

TARA.

*"She did an unbelievable thing. That hurt her more afterwards. The mental anguish is more than the physical."*

Tara.

Don't know her.

But.

*I think I would like to*

*She went out and*

*Did a thing*

*Not just a thing*

*The thing*

*The AT*

*Better than anyone.*

*And I mean anyone.*

*From what I read.*

*She's a killer*



TARA.

*But a cool killer.*

*She gritted out*

*To the nth degree.*

*I have done*

*10 miles on the AT.*

*I am already slow*

*But that was slow.*

*She did 55 miles a day*

*She was out all all all day.*

*Every day*

*And you know what.*

*She says now.*

*She feels empty*

*She wants to be back out there.*

*As a savage.*

*On the trial.*

*She gave more than we know*



TARA.

*She turned into a trail animal*

*Restless at home*

*She says she is lost.*

*I hear it.*

*She went above and beyond*

*Normality sucks after that*

*Thank you Tara.*

*For transcending.*

*Inspired me a ton.*

*I wish you back out there.*

*Forever.*

*Never stop*

*No one will catch you.*

*See you out there*

*Ned*



# PEOPLE

Chapter 14.

## DONUTS.

*"I wear a donut short when I run. You should to. It makes people smile. Then you smile. We all smile."*

*Donuts.*

*Do you run with your legs*

*Or your head.*

*Does how you feel make a different*

*Does your mood matter*

*Does what you wear make a difference.*

*Well for me*

*It does*

*I always wear a Rabbit collared shirt*

*When I run*

*I have ten of them*

*All different*

*All amazing*



## DONUTS.

*I have a over size Hawaiian for long slow runs*

*I have my stripy one for 'fast' runs*

*I have my plaid one for work days.*

*My western states orange one for race day*

*But then*

*I got the donut one*

*It's a shirt.*

*With colourful donuts on*

*Lots of them*

*So cool.*

*So different*

*I put it on*

*It fits great*

*It looks so cool;*

*I'm the only one running in a donut shirt*

*I go out*

*It just feels great.*



## DONUTS.

*People smile*

*I smile*

*It just feels so good.*

*This kid points and laughs*

*People nod.*

*People look quizzically*

*And I*

*I feel lighter*

*Faster*

*Better*

*Cooler. (hard to believe I know)*

*Life is short*

*Seriousness sucks*

*Be different*

*Run in donuts*

*Or eat donuts*

*Or smile*





DONUTS.

*Or run*

*But always always laugh*

*Because life is short*

*Go run*

*Ned*



## PEOPLE

Chapter 15.

### KEVIN.

*"Ultra is a one person sport. When you do it. But you need others to believe in you. Kevin is Courtneys husnabvnd. She can't do what she does without him. This is for all the Kevin's out there."*

*Kevin*

*You know who he is ?*

*Right??*

*He is that person*

*Who makes what we love doing*

*Possible*

*Lets face it*

*Trail running is selfish*

*It is us*

*Doing our thing*

*For a long time*

*In far away places*



KEVIN.

*And when we do it*

*We need them there*

*To crew*

*Cheer*

*Wipe*

*Love.*

*Because without them*

*We can't get the best from ourselves.*

*We might stop*

*We might cry*

*Alone.*

*No one likes crying alone.*

*They give us*

*Gels*

*Water*

*Coke*

*Clothes*



KEVIN.

*Love*

*Motivation.*

*Music.*

*They are there for it all.*

*Why they do it?*

*It is probably as boring as shit.*

*But they do it for us*

*So what do we do in return.*

*Honestly not a lot*

*We say thanks.*

*That's all.*

*And a hug.*

*But what if Kevin wants to run.*

*His race.*

*Then its game time*

*Time for us to be their Kevin*

*To be the support they give us*



KEVIN.

*Because if we help them fly.*

*They will help us to forever.*

*So Courtney*

*Be the best Kevin you can be.*

*For all of us.*

*See you there*

*Ned*

# PEOPLE

Chapter 16.

## SPRITE.

*"When someone else needs something. Always give if you can.  
It does more for you."*

*Sprite*

*I love sprite*

*Especially when it is hot*

*I was 45k into a 60k run*

*Singapore*

*34C*

*I was carrying my warm bottle of sprite*

*Keeping it for when I really needed.*

*Then I saw him*

*I saw him earlier*

*Charging*

*On a big session*

*You could just tell he was an athlete*



SPRITE.

*But now*

*Walking*

*Hunched*

*Broken.*

*I caught up to him*

*I slowed*

*Looked*

*Eyes hollowed*

*I asked*

*He said he was done*

*But he was an athlete*

*Had the fire in him*

*So in the moment I thought*

*I give him my sprite*

*I asked*

*'Do you need it'*

*He said*



SPRITE.

*Eyes wide*

*"Really? I can have it?"*

*"You don't need it?"*

*I said I didn't*

*I did*

*But he needed more*

*So gave*

*He smiled big*

*Big thank you.*

*I ran on*

*And although I was still suffering*

*It was less now*

*Much less.*

*The glow of giving make my endorphins rush*

*I didn't need the sprite*

*I needed a brain boost*

*I got one*



## SPRITE.

*Giving is good*

*Let's all do it*

*In a run*

*'In life*

*Give unexpectedly*

*The glow you get*

*Is a win*

*I won*

*He won*

*On the run.*

*No losers.*

*Let's do this*

*See you out there*

*Ned*



# PEOPLE

Chapter 17.

DAD.

*"My dad is almost 90. Still out there crushing. You?"*

Dad.

87.

*Still crushing.*

*1 hour walk*

*10 hours of work*

*5k run.*

*Zero signs of stopping.*

*Why are we told to slow down*

*What made us think that?*

*In this world today we are told*

*Rush to 60*

*Then retire*

*Stop*

*Do nothing*



DAD.

*That's good for you?*

*It can't be.*

*Let's do more as we get older*

*That's what life should be*

*Because you don't stop because you get old*

*You get old because you stop.*

*Imagine if you kept running*

*Every day*

*No matter what*

*Rain*

*Cold*

*Snow*

*Old.*

*You'll never get old*

*Right*

*What is old*

*Old is when you slow down*



DAD.

*But what if you don't slow down*

*Then you can't get old*

*Running*

*The elixir of life*

*As long you don't listen*

*To the drums of modernity*

*Go back*

*To when you had to run to live*

*You can't sit down back then*

*You'll get eaten.*

*By a dinosaur.*

*Smiley face*

*Today*

*Its the chair and the phone that will kill you*

*Sitting*

*Its the scariest thing in the world*

*Don't do it*



DAD.

*It will make you old*

*Rise up old people*

*Lets fucking go*

*Be like my dad*

*Sam. 10 hours. One hour*

*And you'll live forever*

*A running life*

*Running to get younger.*

*Imagine we could sell that?*

*Oh*

*I just did*

*Get out there*

*Ned*



# PEOPLE

Chapter 18.

## GOATS.

*"There are goats and goats. And sometimes actual goats can't do it."*

*Goats.*

*In Nepal. Walking to Mustang.*

*The highest kingdom on the map. Trail on the mountain side.*

*Very slippery. Sheer drop of a long way. Path wide enough for a human to go on.*

*A herd of goats come the other way. No room to pass.*

*What to do. It was super exposed.*

*I freeze. Goats run at me. Then like flash they seem to transcend gravity.*

*They skip on the almost sheer mountain side. Off the path.*



## GOATS.

*One starts to slide down the mountain. But he grabs  
on to nothing. With hoofs?*

*And like that they were gone.*

*Time stood still. I thought they would fall. Or I  
would. Heart racing. I go on. Then my foot slips. I  
almost tumble. I am not a goat. I can't make time  
stand still*

*We talk about Goats. Killian. Court. Scott. Ann  
Treason ( 11 Western States).*

*What do they have?*

*Not hoofs? But an ability. To make it look. Easy.  
Natural. Effortless. Even when they use effort.*

*It seems almost magical. Mysifying. How?*

*Its not he physical. Its inner soul they have*

*Ned*



# PEOPLE

Chapter 19.

THAT'S A LOT OF PEOPLE.

*"The growth of running in this decade. Maybe we will ever see it agin."*

*That's a lot of people.*

*1,000,000 people want to do the London marathon.  
Next year.*

*500k ran a marathon this weekend in China.*

*Love it.*

*Running wasn't a thing.*

*A while ago*

*When I was young.*

*It was a weird thing.*

*It used to be called jogging.*

*No one liked that.*

*But now we are all runners.*

*I haven't heard the word jogging for ages.*



THAT'S A LOT OF PEOPLE.

*And I have to say.*

*It's so good.*

*To see so many people getting it.*

*Because*

*Runners are better people. Better humans.*

*Aren't we.*

*We are better for running.*

*Physically.*

*Mentally.*

*What if we all ran.*

*The world a better place.*

*Has to be.*

*How many people in total ran this weekend.*

*In the whole world.*

*Is it 500 million?*

*More.*

*I don't know but I see it.*



THAT'S A LOT OF PEOPLE.

*It's a lot of people.*

*And of course.*

*Growing pains.*

*It won't all be perfect.*

*But the more the better for sure.*

*I wonder if the earth would move if we all ran.*

*Lets try.*

*All go run today.*

*Once the whole world runs*

*We will never stop*

*Lets go*

*Get out there !*

*Ned*



# WHY

Chapter 20.

## NUMBERS.

*"We recorded 50 podcast. Thats top 5%. We did good. We stopped not long after. Then this book was born. I like numbers."*

0

8 was average

20 was top 10%

50.

1s

Us.

*Its not for the numbers*

*But the numbers are fun*

*Like running*

*We all love the numbers*

*We love races*

*But if there were no numbers*



## NUMBERS.

*We would still be out there*

*Like One more K*

*Even if this was always just*

*Episode 1*

*We would still do it*

*Because*

*Like running*

*'*

*This has been magical*

*'We made it out of nothing*

*Me and bestie Markus*

*Talking*

*Listing*

*Laughing*

*Wondering*

*Just like running*

*We would do it even no one listened.*



## NUMBERS.

*But because we love it*

*Each week*

*We connect*

*It forms a bond*

*That's hard to describe*

*Just like a run*

*We are in flow*

*Running talking*

*Listening*

*That'd what we get to do each week*

*Very blessed.*

*And you*

*The listener*

*Out there*

*Running*

*Listening*

*Laughing*



## NUMBERS.

*We hope we came with you*

*We hope we heard you*

*Just like you heard us*

*50*

*500*

*5000*

*We here for ever*

*Never stop*

*Just like running*

*See you out there*

*Ned*



# DISTANCE

Chapter 21.

## DISTANCE.

*"The burning question. What is far for each person. A top is far to someone who can't walk. Trans America isnt far to someone who has been round the world. Your far. Is your far."*

*Far?*

*What is far.*

*For me.*

*For you?*

*For the couch?*

*It think's Sk is far.*

*And it is*

*Sk is very far.*

*If you are on the sofa.*

*But what about the runner*

*Who just did Sri Chinmoy 3,100 mile race*

*Around a .6mile block in New York*



## DISTANCE.

*What is far to them*

*Is the earth big enough.*

*For far?*

*Because*

*It is never far enough.*

*Maybe my mind is weird*

*But it is never far*

*Enough.*

*Already*

*I tell myself.*

*If you never get far*

*Where will it end*

*Do you just go*

*And not stop*

*I want to run far*

*But I think I never will*

*Even when I do*



## DISTANCE.

*It won't be*

*April 27th 2027 I will be 60.*

*I will be in San Fran.*

*I going to run 3,200 miles to New York.*

*Solo.*

*I wonder if that will be far.*

*I already know*

*Its won't be*

*When I get to New York*

*It will feel close.*

*Even though it was far away when I started.*

*And there it is*

*Not where is far*

*It is always right there*

*No matter how far you run.*

*So get out there*

*Run far*



DISTANCE.

*Because the beauty is*

*It will never be far enough*

*Ned*



# LAZ

Chapter 22.

## THE GOLDEN TICKET.

*"The one where I win the Golden Ticket to go see Laz."*

*Santa Claus.*

*I am going to meet him.*

*He is real.*

*He lives in a Backyard in Tennessee.*

*My dream came true.*

*Because I won a running race.*

*Running is my thing.*

*Not just my thing*

*But it is my thing.*

*Backyard ultra's are my thing, within a thing.*

*Maybe its because I am old*

*Slow.*

*Less ego.*

*More zen.*



## THE GOLDEN TICKET.

*But I think I can do this all day.*

*World Team Champs. Singapore team.*

*I go in with dreams, belief but also delusion.*

*Joshua has gone 72 hours before.*

*Me only 28.*

*But;*

*My plan is new.*

*Each 6.71k lap;*

*1000mg sodium*

*400 calories*

*123 average heart beat*

*100g carbs*

*54 minutes run*

*6 minutes rest*

*1.5 litres fluid*

*1 crew*

*0 distractions.*



## THE GOLDEN TICKET.

*No music. Phone. Thoughts.*

*Only the now.*

*Loop!*

*LFG.*

*Excited beyond belief.*

*But calm.*

*Every 6 hours new shirt.*

*Hawaii shirt for chill*

*Donut shirt for calories*

*Plaid shirt for work*

*Western States shirt for the win.*

*I am last every loop.*

*Don't think*

*Don't rush*

*Just be.*

*I am me.*

*Then there are 12 of us*



## THE GOLDEN TICKET.

*Then 8*

*Then 6*

*Loop 25 there are 3 of us*

*I see true will.*

*Zoey is cooked.*

*She walks. I pass her.*

*I don't see Joshua!*

*Have I won?*

*Then Zoey and Joshua come back past me.*

*She in a world of pain.*

*Backyard pain.*

*The best pain.*

*Three of us in coral for start of loop 26.*

*Zoey can't. Truly.*

*Joshua says.*

*"I have had enough"*

*I look.*



## THE GOLDEN TICKET.

*Bewildered.*

*The king.*

*He tells me to go.*

*He says I deserve it.*

*I can't take it in.*

*I am going to win?*

*Just one more loop and I win?*

*I turn up the road.*

*I burst into tears.*

*And there it is.*

*Right there.*

*That feeling.*

*Wild. Me? Really? Too much.*

*I run a loop.*

*I come back to cheers.*

*Smiles*

*Love.*



## THE GOLDEN TICKET.

*Can it really be?*

*That I get to win?*

*Laz says the only loser is the winner as I didn't find my limit.*

*True that.*

*But I won a chance to find my limit.*

*In his Backyard.*

*There.*

*Next year.*

*Wth the world's 75 best Backyarders I go.*

*So thankful.*

*To all of you.*

*Who made this possible.*

*This was you.*

*Not me.*

*Laz.*

*I'm coming.*



## THE GOLDEN TICKET.

*Dreams are big.*

*Goals are high.*

*Smile is wide.*

*Let's do this.*

*Ned*



# LAZ

Chapter 23.

## ONE DAY.

*"Laz says. You learn nothing from finishing. That's why his races are as they are. I wrote this after I had finished but others hadn't."*

Laz.

*Well that was a thing  
Still is a thing  
people are still running.*

*Day 3.*

*Or is it day 4.*

*Who knows.*

*I have been asked why about backyard a lot  
I said this the other day  
I think it encapsulates it  
'I have run for 30 years.  
I have seen trails*

ONE DAY.

*Mountains*

*Roads*

*And wild.*

*Now I want to explore my mind and body.'*

*That is what it is.*

*A singular exploration of yourself.*

*Of how your mind works.*

*Of where it goes.*

*Of why you are who you are*

*Lap 1. Lap 10. Or Lap 100.*

*Not that I know that far.*

*But for each of us.*

*The last loop is loop 100*

*For us.*

*That feeling.*

*Of all.*

*More than all.*



ONE DAY.

*That's how you win from a DNF.*

*You found your limit.*

*So.*

*According*

*To Laz.*

*I was the unlucky one.*

*I was the Last Person Standing.*

*So I didn't find my limit.*

*I didn't get to go there.*

*Where was there?*

*I dont know.*

*I think it was far.*

*But.*

*And this is such a good but.*

*By being the unlickiest person on the day.*

*I get to be the luckiest*

*In one year*



ONE DAY.

*I go to Bigs.*

*And I will get to see my limit.*

*I will get to my end of. My will.*

*Because I can't go 100 loops.*

*So I will win.*

*As I will test the limit of my limit.*

*Luckiest person ever.*

*Thanks Laz.*

*See you in a year.*

*Ned*



# WHY

Chapter 24.

## KIND.

*"When Camille messed up. And many people gave her hate. Why? Yes. She messed up. Haven't we all? If you can be anything in life. Just be kind."*

*Kind.*

*Too much*

*Like John Kelly said.*

*Let's all be kinder.*

*Sure*

*It sucked.*

*But what do we know*

*We all have our struggles*

*I can be a douche sometimes.*

*You?*

*I get it.*

*It sucks.*



KIND.

*But as the saying goes.*

*First stone and all.*

*So take a breath.*

*Hold it in*

*Share the positive.*

*Do you think they sit at home and hate?*

*Next time you mess up.*

*Think.*

*The solution.*

*You know.*

*I know.*

*She knows.*

*Go for a run.*

*When my life imploded.*

*I was frozen.*

*Mentally.*

*Did not run a step for 3 months.*



KIND.

*It sucked.*

*A trap of my own*

*Making*

*Deep sorrow and anxiety*

*I've never been paralysed*

*But it felt like*

*I think it would feel like.*

*Then I just had to.*

*Or I would have imploded.*

*I ran.*

*By myself.*

*Or with friends.*

*Like Markus.*

*And talked.*

*It's what helps.*

*A lot.*

*So give everyone space.*



KIND.

*And kindness*

*And go for a run*

*And they will run*

*And when you see her*

*On the trail.*

*Smile.*

*And nod.*

*God knows we all*

*Need it.*

*See you out there.*

*Ned.*

*Ned*



## WHY

Chapter 25.

## HISTORY.

*"When ultra running was the biggest sport in the world!  
1880. Madison Square gardens. Lets bring it back."*



*6 days*

*It was the biggest*

*Best*

*Sport*

*In the world.*

*6 day racing in the Gardens*

*Full.*

*20,000*

*Spectators*

*Crammed in*

*Cheering*

*Drinking*

*Gambling*

## HISTORY.

*While people in tweed ran round and round*

*And round*

*Madison Sq Gardens.*

*This was 1880's!*

*Before even I was born*

*The biggest spectator sport in America*

*You think ultra is new?*

*No*

*Sold out!*

*At The Gardens.*

*Before UFC*

*NDA*

*Taylor:-)*

*They fuelled with beer*

*Bread*

*No sleep*

*Tweed!!*



## HISTORY.

*Imagine the rashes.*

*Heroes*

*Front page of The NY Times.*

*Then*

*Out of no where*

*It stopped.*

*Sad face*

*Until today.*

*New héros.*

*Ultra is back.*

*Enjoy it*

*And*

*When you are out on a 100 miler*

*In your fancy gear*

*And you complain*

*Don't*

*Think about the ladies who used to do 6 day.*



## HISTORY.

*Yes ladies.*

*They were good.*

*Running has been great for so long*

*It's not new*

*And ultra is the oldest of all*

*But why 6 days you ask*

*Ah because the big man in the sky*

*Said no running on Sunday.*

*Damn.*

*That's my favourite day to run.*

*Get out there*

*Ned*



# WHY

Chapter 26.

## BEHAVIOUR.

*"When is too much of something. Well too much? When it is addiction? Maybe. Maybe not."*

*Addiction*

*Always seems a bad word*

*That you shouldn't have one*

*That it brings you down*

*Gambling*

*Drugs*

*Drink*

*Wiki says*

*Addiction is a neuropsychological disorder.*

*characterized by a persistent and intense urge.*

*to use a drug or engage in a behavior.*

*that produces natural reward,*

*despite substantial harm,*



## BEHAVIOUR.

*and other negative consequences.*

*Really?*

*Im addicted to running*

*I have an intense urge to do it*

*All the time*

*Even when I have just done it*

*I want to do it again*

*Run all day.*

*Instead of doing life.*

*Because as wiki says it produces a natural reward.*

*Yes*

*Makes me feel better*

*But*

*Substantial harm?*

*What is the harm?*

*I am curious.*

*And other negative consequences.*



## BEHAVIOUR.

*'Maybe I can't see it as I am addicted.*

*Someone needs to tell me to stop*

*What about you?*

*Addicted?*

*Harm?*

*Behaviours.?*

*How about this*

*A natural addiction.*

*Because it produces natural drugs in.*

*Your body*

*That make you feel good.*

*Because*

*Well*

*That's how we are designed,*

*Its not user error*

*It's a feature.*

*Not a bug.*



## BEHAVIOUR.

*No rewiring needed.*

*Indeed*

*The ones who don't run*

*They need a service.*

*Something isn't working inside them*

*Because to be not addicted to running*

*Is*

*Well*

*Unnatural*

*I'm happy to be an addict.*

*See you out there.*

*NeD*

*Ned*



# LAZ

Chapter 27.

LAZ.

*"Backyard in the Olympics? I mean if any ultra sport is getting in. It is Backyard. Live sufferng/ Gladitors. POeple get it. It is made for this time. Because it is pure suffering in a screen."*

*One day*

*Would people watch?*

*people*

*Running*

*For days*

*And days.*

*Surely not*

*But what if never ended?*

*Or you never knew when it ended?*

*But the rules*

*Are simple*

*Last person standing*



LAZ.

*Everyone gets that right?*

*Like a gladiator event*

*Back in the day*

*When the Olympics started*

*Like a fight to the death*

*But without the violence*

*Played out on your device*

*At home*

*On the train*

*While walking*

*People's morbid fascination grows.*

*As other events stop*

*And have a finish line*

*This goes on.*

*Each hour*

*You watch*

*People*



LAZ.

*Do the same thing*

*But at each hour it grows more incredible*

*Like?*

*They never stop?*

*Nope.*

*Not until one left*

*Made for TV*

*Everyone gets it*

*We going to see real endurance here.*

*And it's men and woman together?*

*In the same event*

*And no silver medal.*

*Only gold*

*WTF is this.*

*Tell my friends.*

*Have you seen this?*

*Day 1*



LAZ.

2

3

4

5

*And wait?*

*The winner is 48 years old?*

*And he's not a pro?*

*He's a school teacher*

*Or a dentist?*

*Or a NZ running bum?*

*And that Japanese guy who passed out before he stopped.*

*In this age of story telling and streaming*

*Can there be a better event*

*For the Olympics.*

*I don't think so*

*Let it be so Laz*



LAZ.  
*Ned*



# LAZ

Chapter 28.

## UTMB.

*"UTMB shortened a race. They put a cookie cutter statement. It was terrible. So I wrote what they should; have written. UTMB. You are welcome."*

*Damn.*

*We are broken hearted.*

*For you and for us.*

*140k race now has to be a 60k race.*

*Nature is too powerful and we can't beat it.*

*We also haven't been able to find an other route in time.*

*The former we can't help.*

*The latter we can.*

*We are sorry we can't fix it.*

*60k isn't nothing but we absolute know its not the 140k you came for.*



UTMB.

*The route is blocked. The lava is flowing on the course. The rain is forecast torrential.*

*We know you can handle it.*

*We know you want to go out there with all your heart and all your training..*

*But we can't lose any of you.*

*We love you and the sport too much.*

*The FAQ's can do the FAQ thing.*

*But we want to say to you how sorry we are.*

*We commit to making it back to you.*

*Our sport is wild.*

*Sometimes you win.*

*Sometimes it does.*

*As frustrating as it is for all of us.*

*This is what it has to be this time.*

*We are truly sorry.*

*Ned*



# LAZ

Chapter 29.

## REACH FOR WHAT YOU CANNOT.

*"Inspired by George Sheehan. He wrote "Don't reach for what you can. Reach for what you cannot". I think Laz would agree."*

50.

*Have to do it*

*It is way out there*

*But there is no point in doing something I can do*

*Don't reach for what you can*

*Reach for what you cannot*

*I have to have a goal that seems not possible*

*My goal is 50 backyard loops*

*333k*

*I have to get to 50.*

*My best is 28 backyard loops*

*But if I do 50 loops*



REACH FOR WHAT YOU CANNOT.

*I get to play with the big boys*

*Harvey*

*Merjin*

*Sam*

*Phil*

*All 100 loop guys*

*What are we Sam*

*We are Big boys*

*At a race next year in Australia*

*It's called Dead Cow Gully*

*The best in the world are coming*

*Even more than at Bigs maybe.*

*Superbowl of backyard maybe*

*Even the little boys have to do 50 to get in*

*Imagine*

*The weakest runners will have done 50 loops before  
to enter*

REACH FOR WHAT YOU CANNOT.

333k

*That wins at other races*

*Can you imagine*

*You start loop 1.*

*Knowing that until loop 50 no one is pulling out.*

*Wild*

*Day 1*

*Day 2*

*The game doesn't start until Day 3.*

*I hope at The World Champs in October to get to  
get to 50 loops. 333k*

*I hope Joshua, or Abi or Hong Wei or Deric or  
Jasmine*

*The best of Backyard Singapore has to offer*

*Go beyond 50 and I hang on*

*Its a big goal*

*But you will have to scrape me off the road*

*To stop me*



## REACH FOR WHAT YOU CANNOT.

*At 57*

*I don't get many more goes to be my best at this I think.*

*So 50*

*50 at 57.*

*Hey*

*If I get to 50.*

*How about 57 at 57.*

*So 57 it is*

*Lets go*

*See you at dead Cow Sam.*

*Ned*



# DISTANCE

Chapter 30.

## HOW FAR?

*"Love it that everyone can think about our sport. They ask how far. Such a visceral human reaction."*

*I wonder why people like it so much*

*The non runners I mean*

*They love to ask how far I can run*

*You're that guy! They say*

*Who posts about running.*

*How far?*

*Did you run to work today.*

*How far.*

*I saw you were in America?*

*Did you run back?*

*We are sport everyone knows.*

*Can relate to*

*Even when they say;*



## HOW FAR?

*I dont drive that far!*

*Maybe because it's not really a sport.*

*It's like eating. Or breathing. Or living*

*It's just us.*

*What other sport isn't a sport.*

*Swimming maybe.*

*But we aren't fish.*

*Everything else.*

*Needs something.*

*Football*

*Cycling*

*Fishing*

*Mm.*

*What?*

*So*

*It isn't a sport?*

*It's just being a human.*



## HOW FAR?

*And that's why people love it*

*Because its us*

*At our best*

*Being humans*

*Oh.*

*And also*

*When was the last time you met an angry trail  
runner*

*Like*

*Never*

*Right?*

*Happy humans*

*Not doing a sport*

*Just being happy*

*And moving*

*Best sport ever*

*Right DBOW:-)*



HOW FAR?

*Ned*



# DISTANCE

*Chapter 31.*

## 10 PEOPLE.

*"Around the world. Only 10 people have done it. Crazy. Would you? Only one dog has. Would it do it again?"*

*10 people.*

*Only 10 people have walked round the world.*

*Crazy right.*

*To walk around the world.*

*One guy, Tom Turcich, did it in 7 years with his dog, Savannah.*

*He planned it for 8 years.*

*He started without a dog.*

*The only dog who has walked round the world.*

*But.*

*Would you?*

*Could you?*

*What does it mean?*



10 PEOPLE.

*To walk around the world.*

*The time.*

*The distance.*

*The brevity of life.*

*Because you can't do it next time.*

*Because. Well you know why.*

*Run down the street.*

*Run a 5k.*

*Run 10k*

*Half.*

*Marathon.*

*50*

*100*

*200*

*F it. Let's walk round the world.*

*You get it.*

*Right ?*



## 10 PEOPLE.

*It doesn't matter.*

*It's not the distance.*

*It's the thought.*

*To do it.*

*Against logic.*

*To be wildly human.*

*To strike out.*

*Do what you haven't done.*

*Run where you haven't.*

*Don't take a map.*

*Or a plan.*

*Or do.*

*Who cares.*

*Just go.*

*And F staying safe.*

*That's the wrong path.*

*Without thinking.*



10 PEOPLE.

*Just go.*

*You might find a dog.*

*You might go round the world.*

*Or you might get to the end of the street.*

*And be blown away.*

*By how amazing it is there.*

*See you out there.*

*Ned.*

*Ned*



# DISTANCE

Chapter 32.

## DRUGS.

*"When a sport gets big enough that people will cheat. Not what we want. But where it is."*

*Drugs*

*Surely not.*

*In our dirt bag sport?*

*We do it for the love.*

*Don't we?*

*For the soul defining adventure.*

*For getting lost*

*To tire our minds*

*Sure we want to win.*

*But not that much.*

*That we take the wrong turn?*

*Drugs in sport is for the other sports.*

*The ones with money and fame*



## DRUGS.

*In the media.*

*With fans.*

*And sponsors.*

*Oh....*

*Is that us.*

*Surely not.*

*We are wanderers.*

*Looking for answers.*

*Did we wander off the path?*

*Into the real world.*

*That would suck*

*A place where normal human behaviours exist.*

*Where people run over each other*

*Not beside each other.*

*I don't want that.*

*I want to run with my people.*

*Sure in a race I want to win*



## DRUGS.

*And beat my friend.*

*But they are my friend. First.*

*Because the ultra world I live in is full of*

*Shiny happy people holding hands*

*Shiny happy people laughing*

*Shiny happy people having fun.*

*But with money and fame and media comes reality.*

*But it's ok.*

*I have an answer.*

*Don't take drugs.*

*I have a better idea.*

*It's called losing*

*You will benefit way more from losing.*

*Than from winning with drugs.*

*So ultra running people.*

*Don't worry*

*We have a long run ahead.*



## DRUGS.

*There will be bumps in the road*

*Our world will change.*

*But we can always go and run in the woods.*

*And go back to being shiny happy world*

*Get out there.*

*Ned*



# DISTANCE

Chapter 33.

## FROM YOUR FRONT DOOR.

*"The idea that you can create an adventure from you front door. I ran 100 miles in 24 hours to the start of a 5k race."*

*All of it.*

*Pretty much.*

*That's what it took.*

*100 miles to a 5k.*

*In 24 hours*

*Just me.*

*And the clock.*

*Tick tock*

*It doesn't stop*

*Even when I do.*

*100 miles is 160.93 k.*

*In 24 hours.*



## FROM YOUR FRONT DOOR.

*Thats 8 mins 59 seconds per k average.*

*Seems slow.*

*But the time ticks when I run and when I stop to buy a juice at 7-11.*

*I set off at 7 mins ish per k.*

*No issue.*

*Cruising.*

*Look at me. This is easy. I'll smash it*

*6 hours in. 7.40 average. Hah. Too easy.*

*It's 39 C. Cool. I like the heat.*

*At 60k it rains. Lovely.*

*At 70k my head rolls into a funk. Too much sugar.*

*Watch says. 8 mins per k average.*

*I grab a 10 minute stop for real food.*

*Rice. Chicken. Potatoes.*

*Order. Paid. Eaten. Out in ten minutes.*

*I practised that.*



## FROM YOUR FRONT DOOR.

*Halfway. 82k done.*

*Hmm. This is going south. Even though I still running North.*

*I losing power. The watch laughs at me. It thinks it has won.*

*Seconds bleeding off the average.*

*F-ck this. Lets go. I tell myself.*

*I charge forward. Slowly.*

*No music. No light. It's night. No nothing. Just me and the road. Pull my hat down. Close my brain off. Come on. Don't let this go. Stick at it young man.*

*90k. I swing into 7-11.*

*And for no reason, buy milk and donuts. They go in. Almost come out.*

*And that is it. From then on. I can barely eat. Retching. Just sips of coke.*

*Don't think. 100% focus.*

*What did Jasmin say? 'If you can't run. Run faster' I'm trying.*



## FROM YOUR FRONT DOOR.

*The watch winks. 8.30's now. Dropping every k.*

*110k. 8.40 per k.*

*120k 8.45 per k*

*130k 8.50 per k*

*140k. It says 8.58 per k.*

*Ok. Here is the game. Right here right now. F the watch. I'm turning the tide.*

*Roberto picks me up.*

*I stick at his pace. I can't speak as I have no ability to run and speak.*

*But.*

*8.57. hah*

*8.56. oh yeah.*

*8.55. who likes dem apples.*

*23 hours. 53 minutes.*

*7 minutes to spare.*

*Now Sk.*

*Lighting and thunder.*



FROM YOUR FRONT DOOR.

*They cancel ParkRun.*

*Roberto says to all;*

*'No Parkrun but anyone who wants to race a 5k.  
Follow me'*

*And I did.*

*Followed him to 29 mins 53 seconds.*

*7 seconds to spare.*

*I like that. 7-7, and powered by 7-11.*

*That's why I do it.*

*For the random nonsense of this self made  
adventure.*

*Life is wild.*

*Go run.*

*See you out there.*

*Ned*



# FOOD

Chapter 34.

## HUNGRY.

*"It is what powers us forward. Love it."*

*Hungry.*

*I'm thinking about food.*

*I'm on a detox at the moment.*

*Only few hundred calories a day for 14 days straight.*

*It's not fun. But it's good for me.*

*Will make me live forever.*

*But to run. We need a few hundred calories an hour.*

*Every hour. For as many hours as you can run.*

*Straight.*

*You have to practise eating.*

*How cool is our sport!*

*I've eaten some things in my time.*

*It's one of my favourite things about ultra.*



## HUNGRY.

*The food you want. Don't want. Eat. Vomit. And spill on yourself.*

*Some of my favourites. And remember, I live in the heat.*

*Coke. It's the go to.*

*Ice cream. I buy it in 7-11's. Lime ice lolly. Or Corneto. I run faster with lime.*

*Red Bull and Monster. For when it's time to go. I always wait a good few hours before I get these! Once start can't stop.*

*Cup Noodles. My Backyard favourite! I always spill half on my shirt. I can even run eating cup noodles with chopsticks. Or with my fingers.*

*Banana. Natures running stick.*

*Beef jerky. It takes a long time to chew. But it's good for the long run.*

*Gels. Mm. They do trick. But wish they tasted more like food.*

*When it get long. It's time to bring out the big guns*

## HUNGRY.

McD. A burger and a shake and fries. I had this k 160 of 200k. Half went in. Half came out. On the pavement. Still tasted good.

Instant mashed potato. So good! Love this. Keeps me going for hours.

Dried Mango. So yum. In my tum. Never comes out.

Salt tablets. Not food. But gotta eat them. They are the secret for the heat!

Chicken rice. When I run more than a 100k. In Singapore. It's my go to. With watermelon. I don't think life gets better than when you eat this midday into an epic.

But. It's up to you try it all. You are you. Not me. Try anything. And everything.

It it stays in. And you like. Its good.

Calories in make the k's go on forever!

So get out there.

And eat!

Ned



# MOTIVATION

Chapter 35.

## PURE JOY.

*"The pure joy of running. Such a magical thing."*

*Training. It's the best. Because it's just running.*

*That's why we do it. To just run.*

*The racing is icing.*

*It's very tasty icing.*

*I like icing.*

*But if you had to choose. You choose running. Not training or racing. Just running.*

*So why is it so fun.*

*Because it's us. Because it's what we are meant to do. At our core. And being you is the best fun ever.*

*In a world where people are judged on image, socials, imaginary thoughts.*

*Running is just running. There's nothing to wonder about it.*

*It is what it is.*



## PURE JOY.

*That's rare these days.*

*It also makes you feel great. Not once. Not twice.  
But thrice.*

*Before.*

*The night before any run I am always excited. To be heading out. To go play. How cool is that. Going out to play. As a grown up.*

*During.*

*The feeling when running. Moving. Sweating. Adrenalining. Smiling. Endorphins. Nature. The music in the ears. The feet in the trail. The distance you covered.*

*After.*

*That glow. You know it. How to say it. Energised. Buzzed. Feeling good for your self. Starva kudos. Extra helping of cake.*

*And it stays with you all day. Because you are a runner. It's a cool club.*

*Lots of us in it now.*



## PURE JOY.

*But the quirky side club. Ultra. Trail. We the surfers  
and skateboarders of running.*

*We the cool kids.*

*But that doesn't mean we love running any more  
than the couch to 5k crowd.*

*Indeed maybe they are the lucky ones. They just  
found it!! They have so much to discover. How cool  
is that.*



*But the truth is that running is the gift that never  
stops. No matter what stage you are at.*

*It feels just as good every day. It never wears out.  
Indeed it gets better. Forever.*

*Running. The best gift you ever got.*

*Never forget that. Every step. Every run.*

*Just running.*

*Because it is beautiful. For you. For the body. For  
the soul.*

*Get out there.*

*Ned*

# LAZ

Chapter 36.

## BARKLEY.

*"Barkley. The greatest most pointless race of all. It is the definition of what our sport is. You can't do it. Neither can I. And that is what it great. (John K or Jared if you are reading this you can :-)"*

*What else today?*

*Can you count to five? Easy? Right?*

*I mean we can all do it.*

*Can you cover 2 miles an hour?*

*That's even easier.*

*Put them both together and what do you get?*

*Barkley.*

*Except there are a few adventures on the way.*

*Its not a straight line. Just like life.*

*1984 it started. No one knew about it back then.*

*Only 30 starters. No crowd. No socials. Even Laz*

*was Gary back then. Laz wasn't even born in 1984.*



## BARKLEY.

*On Saturday March 23rd 2024, 2,300,000 people liked Keith Dunn's twitter post.*

*"Jasmin Paris finished the Barkley in 59 hrs 58 mins 21 seconds."*

*Stop the clock. She did. But she literally stopped the clock. For all of us. In that moment.*

*Not possible. Can't be done. Too hard. Not happening.*

*And that's why we need Barkley. Why we must have these events. These things that are way the F out there. Beyond the border line of ridiculous. Life is way too comfortable. We have become marshmallows. Too soft. But what should you really do with a marshmallow? Toast it on the fire. Roast it till it squeals.*



## BARKLEY.

20 amazing humans have now put themselves so close to the fire they must have squealed to breaking point. Only 20. People. Ever. Have finished the Barkley. So many came. And toasted. In the freezing rain. But not fully cooked. Just 20 made it to the other side. It is on the line of not possible. Suspend belief. The best of the best of the best. Of the best.

Jared. 4 times. John 3 times. Ihor. A virgin. Grieg, relentless. And Jasmin.

Jasmin. Didn't they tell you? Can't be done.

What? You didn't listen? Loop 4 last year. A taste of the pain.

Loop 5 this year. You didn't have enough time. Accept it.

At the Fire Tower you had 3 hours 37 minutes to make it back. It took Ihor, the winner 4 hours to do that same stretch. What were you thinking?



## BARKLEY.

*In those 3 hours 37 minutes only you, Jasmin, will know the horror, the pain, the suffering, the beauty and the true depth of your soul that you found. You spent 56 hours to get to that point. Where you, alone in the woods, with the world watching, transcended. You went beyond what is reasonable and expected. We saw the last part. The sprint to the yellow gate. The collapse. The tears from all.*

*But for me. The thought of what you did for those 3 hours 37 minutes is everything that ultra, running, life is about. Thank you Jasmin, for making us all believe.*

*I'll leave the last line to John Kelly, 3 time finisher, who was there. At the gate. He wrote this.*

*'My daughters were there watching. Thank you Jasmin for showing them what I never fully could'*

*Ned*



# LAZ

Chapter 37.

## SUSPEND BELIEF.

*"Once a year we get to suspend belief. Barkley team he's what life is about."*

*It's time!!*

*OMG. Cannot be more excited.*

*Maybe today. Maybe tomorrow. Who knows! But is any day now!*

*Laz knows. Only he. And the 40 who are racing.*

*But only Laz knows the exact time. When the conch is blown. 2.31am? 5.03am?*

*And then one hour to go.*

*Before Laz lights his cigarette. And off they go.*

*IT. IS. BARKLEY time. LFG.*

*Ok so I will stay calm for a minute.*

*And I will explain Barkley.*



## SUSPEND BELIEF.

*It's a 60 hour race. Over approx 100miles. In Tennessee. 20,000 metre of elevation. Off trail. Off path. Off kilter. Off grid. Off everything.*

*No GPS. No markers.*

*Only books. Books hidden in the forest. That's how it works.*

*Each loop is 20 miles ish. On the way round there are 13 books. When you find a book you have to rip the page out of the book and bring it back to Laz, at the end of the loop.*

*60 hours. 5 loops. Average of 12 hours per loop. 12 hours to 20 miles. Easy? Right? Nah.*

*Less than half of the 40 starters finish the first loop. 3 loops is a fun run. Approx 3 or 4 people make it that far. Normally no one finishes.*

*In total, since the race started, in the 1980's only 17 people have finished.*

*That's it. It's got a tougher success rate than Everest.*



## SUSPEND BELIEF.

*When a race says "toughest on the Planet". It isn't . This is. Full stop.*

*There is no live stream. No video. Only the occasional cryptic Twitter update from Keith Dunn. Follow him. Not Mr. Beast.*

*Yes! It is more exciting than Mr. Beast. Waiting for a random tweet to see who has dropped out! Who is done. Who has been Lazed.*

*3 years ago the great Karel Sabbe, was found staring into a rubbish bin, by a local sheriff, in a far away town, and bought back to Laz. He was Lazed.*

*This year John Kelly goes for his third finish. That's all we know. Who else is there? Don't know.*

*But any day now. 40 of the most epic adventurers will head into the woods.*

*They will all come out. Almost all broken. But broken with joy. With spirit. With stories that last.*



## SUSPEND BELIEF.

*And when they think of Barkley they will think of the Yellow Gate. A simple Yellow Gate. That is the start finish middle and mirror of this race. Touch the yellow gate five times and you are super human. No you are beyond human. You are....Well. you are one of only 17 humans on earth who have completed that feat. Imagine that. One of 17.*

*Make it 18. Laz. He's an honorary member.*

*OK. Lets stop this nonsense and stare at twitter for the tweet that it starts!*

*Any minute now.*

*Ned*



# PLACES

*Chapter 38.*

## PLACES.

*"What is your favourite place to run."*

*Of all the trails.*

*What's your favorite?*

*Mountains. Desert. Jungle. Grasslands. Road. City.  
Beach.*

*I've been lucky. I have run in many places.*

*New Zealand through the stunning mountains, when  
I was meant to be skiing.*

*Australia. In the outback. I was faster than a slow  
kangaroo.*

*Japan. 42.2. In Tokyo. 3.02. Sad face. That was the  
chance.*

*Taiwan. Big city that Taipei. Got lost. Ended up back  
where I started.*

*Hong Kong. Oh the hills. The greatest running city  
in the world.*



## PLACES.

*Indonesia. On a hash. Got lost. 12 hours in the dark stumbling around in the jungle. Got found by locals. Who laughed.*

*Thailand. On the beach. Sand is slow. And hot. But with coconuts you can run forever.*

*Myanmar. Through the driest river bed. 44C. The slow boat from Mandalay. I ran faster than it.*

*Dubai. Crazy thing. It was cold. In the Middle East. Yes. It can be winter there to.*

*Kuwait. By the bay. Guess what I saw. You get a special prize if you can guess. Pickleball courts and cats. Tons of them. In Kuwait. Who would have known.*

*South Africa. When a country can be so beautiful and so challenging. Going for a run I said. Watch out they said. It was amazing.*

*Germany. The banks of the river in Frankfurt. Winter. Cold. Amazing. Ducks. They must be cold.*



## PLACES.

*Scotland. My home. The hills. I am bias. But it's true. Most beautiful country to run in. I'll run the length of it one day.*

*USA. Central Park. Virginia blue ridge mountains on the country road. San Fran. Bay to Breakers. With naked people. No place like Murica.*

*Mexico. Wild run. In Cancun. I was at a business conference. It was spring break. I ran at 7am. Through drunk students not going home.*

*Canada. I ran to the border of America. And back. 20k. So far.*

*And my home. Singapore. One of the smallest countries on earth. And I ran 213k in one go here. Longest run in the smallest place.*



*I know my favorite. It was every time I put on my shoes.*

*Every trail or road is amazing. You can have a favorite.*

*But remember. Every run is a true privilege. It's amazing every time.*

## PLACES.

*My favourite time of day and favorite trial.*

*You know it.*

*It's all of it.*

*See you out there.*

*Ned.*

*Ned*



# FOOD

Chapter 39.

## EATING COMPETITION.

*"Ultra running is an eating competition with running thrown in. Love every bite that powers every mile."*

*Eat to get fit.*

*I was chatting with a friend.*

*He was asking how many snickers he could eat an hour. While running.*

*Made me think of the old phrase.*

*'An ultra is an eating competition, with running as a side event.'*

*If you are not good at eating. You can't run far. Or at least not really far.*

*So you have to eat. But what have you eaten?*

*Me. Lots.*

*Let's start with the obvious.*

*Gels. Not sure they are food. But they can be.*

*Bananas. Like a solid gel in a yellow packet.*



## EATING COMPETITION.

*Watermelon. Not a whole one. Well maybe I did.*

*Cup Noodles. Late at night. At a garage. Spilled half of it on the floor. Tasted just as good off the floor.*

*Mashed potato. Always yum. In my tum.*

*Big Mac. At k 186 of 213k. None of it stayed in. I should have asked for a refund.*

*Chicken rice. A Singapore special dish. Its chicken . And rice. Sitting in a food court. Soaked in sweat. Dripping into my food. People moved away. I don't blame them.*

*Ice cream. Lots of it. I live on the equator. Its hot. Ice cream is like fuel. With ice in it. Cools the engines.*

*Beef jerky. At hour 30. I chewed it till hour 31.*

*Pasta. Doesn't work for me. It always ends back on the road.*

*I could go on. I've tried to put everything in. It's a magic part of our sport. You get to practise eating. What other sport has that!! Get fit by eating.*



## EATING COMPETITION.

*The more you eat the further you go, the fitter you get.*

*Eat to get fit.!*

*Greatest sport in the world.!*

*Get out there and eat.*

*Ned*

