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## RACE ACROSS AMERICA

JAMES ADAMS

### Race Across America: A Tale of Bunions, Blisters, Blogging and Big Macs



January 2012  
Anglesey - 21/01/2012  
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James Adams started ultra-running 5 years ago, after hearing about the Badwater Ultra - a 135 mile non-stop race in Death Valley in 50C+ temperatures. At first he admits he thought it was a joke, but in the next 4 years James was determined to do it and completed other events such as the Grand Union Canal Race (twice) the Spartathlon (twice) and the Ultra Trail Mont Blanc along the way. In the summer of 2010 he braved the hottest place on Earth to complete the Badwater race.

After that it was a fateful conversation with experienced Ultra runner Mark Cockbain that James says alerted him "to something a lot sillier" - a race from Los Angeles to New York. 3,200 miles in 70 days. An average of 45 miles a day without a single day off, crossing 13 states, two deserts, three mountain ranges and during the worst heat wave in living memory.

At the [Live MORE Lectures in Anglesey on 21/01/2012](#) James will reveal what it took to run further in 10 weeks than he had ever run in a whole year. He'll share the euphoric highs and crippling lows of the challenge of a lifetime. (Just don't mention nutrition...!)

Have a read of James' blog, [Running and Stuff](#).

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