



# Pole to Pole: One Man, 20 Million Steps

*Pat Farmer*

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**Pole to Pole: One Man, 20 Million Steps** Pat Farmer

**The incredible story of Pat Farmer's inspiring run from the North Pole to the South Pole**

In January 2012, Pat Farmer accomplished one of the greatest feats in human history. He'd arrived at the South Pole after the longest and arguably most dangerous run ever made, a physical and mental triumph that put him in the company of the world's greatest adventurers—Sir Edmund Hillary, Robert Falcon Scott, and Thor Heyerdahl. Pat Farmer's Pole to Pole Run, dedicated to raising funds for the Red Cross, began at the North Pole in April 2011 and took him through Canada, the United States, Central America, and South America to his ultimate destination in the Antarctic, the South Pole. In total, Farmer had covered more than 13,000 miles. He ran an incredible average of 52.8 miles every day, and some days up to 62 miles or more. The epic trek saw Pat brave blizzards; nearly lose his life when he became lost in the blazing deserts of Peru; and evade polar bears, snakes, crocodiles, armed bandits, and rogue militias. He defied unimaginable pain, suffered dehydration and stress injuries, and destroyed his feet. Unbelievably, he set a new running record for the South Pole, while being blasted by ferocious winds and glacial temperatures. His diary chronicles the highs and lows of an extreme athlete, reveals how he kept going through some of the most inhospitable places on earth, and is sure to inspire, amaze, and motivate.

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