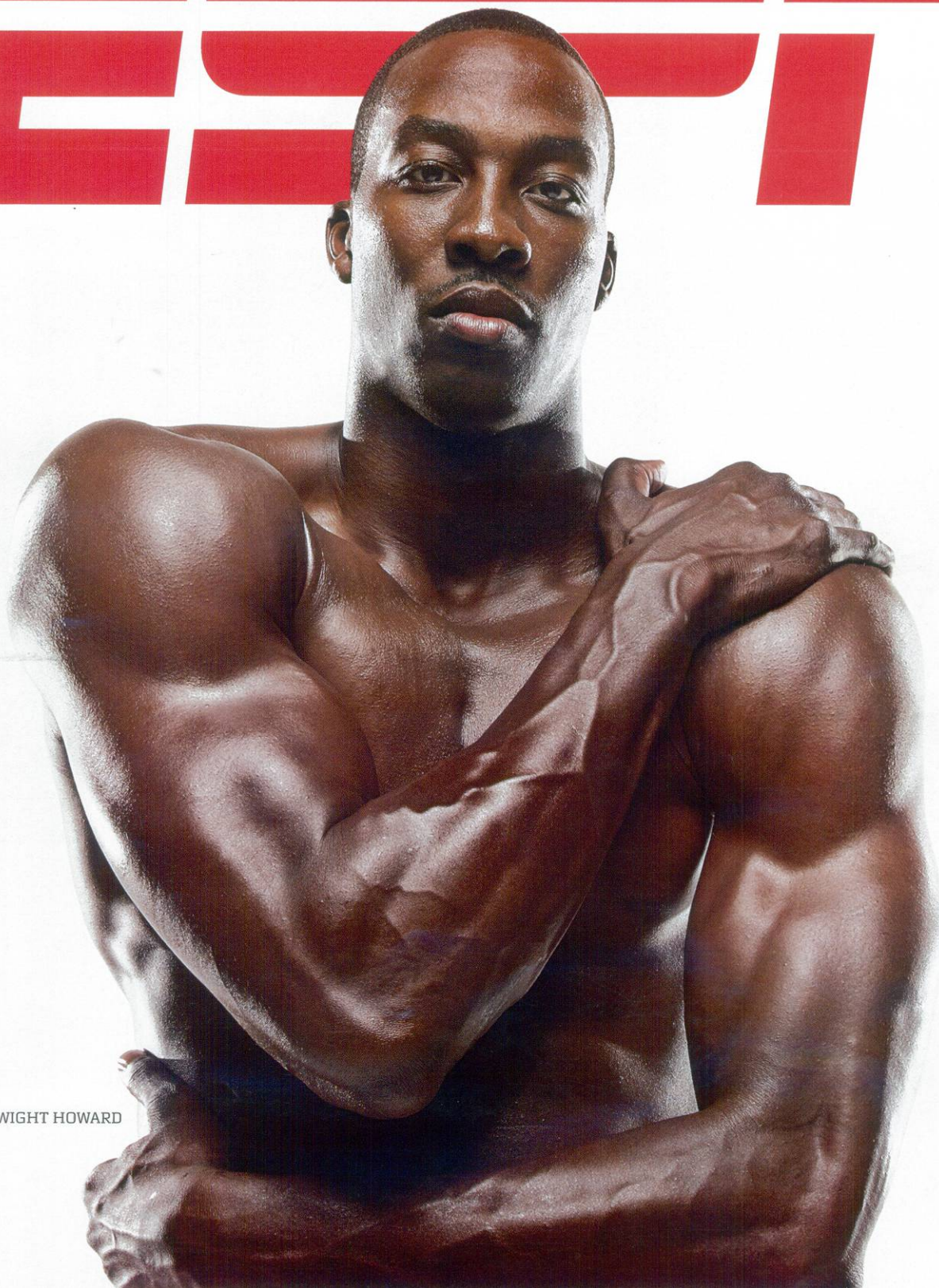


# THE BODY ISSUE

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**DEAN KARNAZES***Ultramarathoner*

The man doesn't walk on water, but he does run on it, thanks to an inflatable wheel called the Hydro Bronc. When enclosed in the \$3,500 device, Karnazes can log workouts without pounding pavement. "It's low-impact, but it's an incredible quad burner," he says. High praise from a guy who scoffs at 100-mile jaunts.

