



Out There: A Story of Ultra Recovery

David Clark

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David Clark went from the rock bottom of bankruptcy, addiction and obesity to becoming an accomplished athlete. In this compelling story of his life, he not only shares his journey with complete honesty, but he also lays out a blueprint for change that anyone can use to to redefine what is possible. - Out There: A Story of Ultra Recovery is the story of a man who never had a chance to find out who he was. Growing up in the hardest of circumstances, poor, homeless and traveling the country in his father's pickup truck, David Clark was no stranger to the hard knocks of life. Yet, without the benefit of any formal education in his early years, he lifted himself all the way up to owning a chain of 13 retail stores by the time he was 29 years old—only to lose it all to addiction, poor choices, and tough economic breaks. In the aftermath, David started spiraling toward death, spending years eating recklessly, drinking and drugging himself—and growing farther and farther away from everyone around him. One day the thought occurred to him, “If I don’t change today, I will die.” David went on to completely redefine himself, his values and his very way of looking at life. He lost over 150 pounds and kept it off—not only that, but he went on to compete in some of the toughest endurance events in the world. Today David is a loving father of three and a running coach, sponsored runner, speaker, and gym owner. He dedicates his time to sharing the story of how we can all change everything about ourselves if we want to badly enough. Out There: A Story of Ultra Recovery is the unwashed and unfiltered reality of David’s journey. It is brutally and unflinchingly honest—and a testament to the power of redemption and the human spirit.

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