



Eat and Run: My Unlikely Journey to Ultramarathon Greatness

By Scott Jurek, Steve Friedman

Bloomsbury Publishing PLC. Paperback. Book Condition: new. BRAND NEW, Eat and Run: My Unlikely Journey to Ultramarathon Greatness, Scott Jurek, Steve Friedman, 'Run until you can't run anymore. Then run some more. Find a new source of energy and will. Then run even faster.' The words of Scott Jurek, a dominant force - and darling - in the gruelling and growing sport of ultrarunning for more than a decade. In 1999, as a complete unknown, he took the lead in the Western States Endurance Run, a 100-mile jaunt over the Gold Rush trails of America's Sierra Nevada. He went on to win that race seven years in a row. Jurek was also one of the elite runners who travelled to Mexico to run with the Tarahumara Indians, as profiled in the international bestseller Born to Run. His accomplishments are nothing short of extraordinary. In Eat and Run, Jurek opens up about his life and career as an elite athlete, and about the vegan diet that is key to his success. From his Midwestern childhood of hunting and fishing to his slow transition to ultrarunning and veganism, to his epic, record-breaking races, Jurek's story shows the power of an iron will...



READ ONLINE
[7.38 MB]

Reviews

It in a single of the most popular publication. Sure, it really is engage in, still an interesting and amazing literature. Your life period will be change the instant you full reading this book.

-- **Abel O'Kon Sr.**

This is actually the very best pdf i have read through right up until now. This really is for those who statte there was not a well worth looking at. Your lifestyle period is going to be convert as soon as you total reading this article publication.

-- **Margaretta Wolf**