

## 1: Eat and Run: My Unlikely Journey to Ultramarathon Greatness by Scott Jurek | LibraryThing

*My Unlikely Journey to Ultramarathon Greatness In Eat & Run, Scott opens up about his life and career as an elite athlete and a vegan and inspires runners at every level.*

I settled on a 3. This guy can run. He can run long distances miles, anyone? And I totally respect him for that. I just wish he could consistently describe those races without the grand-standing and self-congratulatory tone. I hate to say it, but I think Jurek thinks a lot more of himself than most people would, and that includes runners. His comment on page that eating has brought him "unmitigated joy" just seems weird. I can see finding enjoyment or even being proud of eating healthy, but unmitigated joy from eating? It makes me wonder what he will do in the next twenty years as his body begins to age. Some of the passages that I found particularly, um, interesting: I usually avoid that word; to many people it connotes a certain crabby, self-righteous zealousness. Although I always have protein powder with me, there were a few times in Europe that I ate cheese out of desperation, and there were occasions in remote villages in Mexico when I consumed beans that I knew had been cooked in lard. I once took a snorkeling trip in Costa Rica and was assured that there would be a vegetarian option, but that turned out to be vegetables that had been grilled inside a giant fish! I was hungry and I had a race coming up, so I ate them. Even though I bought grains, beans and seeds in bulk and attended member appreciation night once a month at Madison Market Co-op so I could save an additional 10 percent, I was spending more than I ever had on food. And I was fairly deep in credit card debt. There are a lot of ways to live frugally. I know that better than anyone. But the fuel and medicine -- the food -- I put in my body was not the place to scrimp. My never-better vigor and well-being made the extra investment a no-brainer. I wanted to camp out, to drive where I wanted. I wanted to not worry about Leah, to not worry about making a living as a physical therapist and coach while building a career as an ultrarunner. I had been working since I was a kid. I wished I had taken some time for myself. I wanted to keep running, to live in the moment, to explore my limits -- but I wanted to do so with no obligations.

### 2: Eat and Run: My Unlikely Journey to Ultramarathon Greatness - Ebook pdf and epub

*Eat and Run: My Unlikely Journey to Ultramarathon Greatness [Scott Jurek, Steve Friedman] on www.enganchecubano.com \*FREE\* shipping on qualifying offers. "In pursuing the mental side of endurance, Jurek uncovers the most important secrets any runner can learn."—Amby Burfoot.*

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you for reading.

## 3: Eat and Run by Scott Jurek on Apple Books

*EAT AND RUN is, at times, more difficult to read than a sophisticated piece of literature. It isn't condescending, but comes across as naive and underwritten. I'm not sure if this was his voice or the ghost-writer's, but it was an odd decision.*

Product Details Synopsis For nearly two decades, Scott Jurek has been a dominant force and darling in the grueling and growing sport of ultrarunning. He went on to win that race seven years in a row. Jurek was also one of the elite runners who traveled to Mexico to run with the Tarahumara Indians, as profiled in the bestseller *Born to Run*. In *Eat and Run*, Jurek opens up about his life and career as an elite athlete and a vegan and inspires runners at every level. Full of stories of endurance and competition as well as practical advice and some of his original recipes, *Eat and Run* will motivate people to go the distance, whether that means getting out for a first run, expanding food horizons, or simply exploring the limits of human potential. For nearly two decades, Scott Jurek has been a dominant force-and darling-in the grueling and growing sport of ultrarunning. In , as a complete unknown, he took the lead of the Western States Endurance Run, a mile traverse over the old Gold Rush trails of the California Sierra Nevada. He won that race seven years in a row, setting a course record along the way. Twice he won the Badwater Ultramarathon, a mile "jaunt" through Death Valley. Recently he set an American record of And he was one of the elite runners who traveled to Mexico to run with the Tarahumara Indians, as profiled in the bestseller *Born to Run*. His accomplishments are nothing short of extraordinary, but that he has achieved all of this on a plant-based diet makes his story all the more so. In *Eat and Run* , Scott Jurek opens up about his life and career-as an elite athlete and a vegan-and inspires runners at every level. Chock-full of incredible, on-the-brink stories of endurance and competition, fascinating science, and accessible practical advice-including his own favorite plant-based recipes- *Eat and Run* will motivate everyone to "go the distance," whether that means getting out for that first run, expanding your food horizons, or simply exploring the limits of your own potential. In pursuing the mental side of endurance, Jurek uncovers the most important secrets any runner can learn. Until recently he held the American hour record and he was one of the elite runners profiled in the runaway bestseller *Born to Run*. In *Eat and Run* , Jurek opens up about his life and career as a champion athlete with a plant-based diet and inspires runners at every level. Full of stories of competition as well as science and practical advice-including his own recipes- *Eat and Run* will motivate readers and expand their food horizons. Jurek defies unimaginable challenges, and thanks to this breathtakingly personal account, I finally understand how he does it. In *Eat and Run*, Jurek opens up about his life and career as an elite athlete and a vegan and inspires runners at every level. Full of stories of endurance and competition as well as practical advice and some of his original recipes, *Eat and Run* will motivate people to go the distance, whether that means getting out for a first run, expanding food horizons, or simply exploring the limits of human potential.

## 4: Review: Eat and Run - My Unlikely Journey to Ultramarathon Greatness by Scott Jurek

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## 5: Eat and Run : My Unlikely Journey to Ultramarathon Greatness | eBay

*SCOTT JUREK is a world-renowned ultramarathon champion who trains and races on a vegan diet. He has prominently appeared in two New York Times bestsellers, *Born to Run* and *The 4-Hour Body*, and has been featured on CNN and in the New York Times, USA Today, The Wall Street Journal, and numerous other media.*

## MY UNLIKELY JOURNEY TO ULTRAMARATHON GREATNESS pdf

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*It won't take a reader of this book long to realise that Scott Jurek is not a normal person. Or a normal runner, for that matter. Jurek is one of the greatest ultramarathon runners of all time, having won umpteen races of miles+, including the suicidal-sounding Death Valley Badwater Ultramarathon ( miles in temperatures of.*

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