

[Game Plan For An **Ultra-Running** !](#) « [runnerforchrist](#)

par runnerforchrist

Game Plan For An **Ultra-Running**! 15 01 2011. "I will always listen to my coaches. But first I listen to my body. If what they tell me suits my body, great. If my body doesn't feel good with what they say, then always my body comes first. ...

[runnerforchrist - http://runnerforchrist.wordpress.com/ Best in-the-field documentary shoot practices for easier/efficient](#) ...

par Nick Ravich

My latest short - an **ultrarunner** documentary: "Run, Pharm Boy, Run!" Evan Donn is offline. DV Info Net refers all where-to-buy and where-to-rent questions exclusively to these trusted full line dealers and rental houses. ...

[The Digital Video Information Network - http://www.dvinfo.net/forum/ JJ's Blog: Born to Run by Christopher McDougall](#)

par JJ Wylie

... our bodies are designed to run, and Born To Run is filled with anecdotes of phenomenal feats of endurance that make running a mere marathon seem like literal child's play, such as the nonagenarian **ultra-runner** who tells the author , ...

[JJ's Blog - http://blog.jjwylie.com/ so this is what i would look like . . .](#)

par slowrunner

and tomorrow, me, christine and moose are heading to kingston for the 'dion frontenac park snowshoe race' - put on by **ultra runner** extraordinaire 'derrick spafford'. should be a blast and i'm really looking forward to it!

[dora the explorer - http://slowrunner9.blogspot.com/](#)

[SHERPA MOMO | TRAIL DE L'ABER WRAC'H: 03-04-11](#) [http](#) ...

Cette entrée a été publiée dans **ultra running**. Vous pouvez la mettre en favoris avec ce permalien. ← UN MUZUNGU AU PAYS DES KENYANS

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[traileurviv.wordpress.com/2011/01/14/sherpa-momo/?like=1](#)