

### [Books: Born to Run](#)

par jamie346l

And that, to a T, describes the daily life of an **ultrarunner**. They're out in the woods for hours at a time, breathing pine-scented breezes, eating small bursts of digestible food, downing water by the gallons, and feeling their stress

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[PS2 Guide - http://ps2guide.viralvideoguide.net/](http://ps2guide.viralvideoguide.net/)

### [Another Mile: Product Review: FRS Healthy Energy](#)

par Jeff

But as time has gone on, I've learned more about free radicals and have seen FRS add **ultrarunner**

(and "personal chef specializing in holistic natural meals") Devon Crosby-Helms and NFL Quarterback Tim Tebow to their sponsored athletes,

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[Another Mile - http://another-mile.blogspot.com/](http://another-mile.blogspot.com/)

### [Training: Couch to Ultra | Runners Illustrated](#)

par Alix Shutello

Cheryl Zwarkowski, 52, is a **ultra runner**. Her career began a mere 10 years ago when ran her first 5K. In 2000, Cheryl found herself in a rut. After an early retirement after raising her two children and working as a registered nurse

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[Runners Illustrated - http://www.runnersillustrated.com/](http://www.runnersillustrated.com/)

### [Ultrawomen: Cheryl Zwarkowski Will Tackle Brutal Brazil's Ultra ...](#)

par Alix Shutello

Enter Cheryl Zwarkowski, 52, an **ultra runner** (and grandmother, I might add) who began her running career in her early 40s. "I generally finish the challenges I have set for myself and continue to look for and strive for new ones,"

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[Runners Illustrated Blog - http://tighthams.wordpress.com/](http://tighthams.wordpress.com/)

### [Greetings From LA - Howard Solomon](#)

About Me. Public relations, dad, triathlete, **ultrarunner**, technology enthusiast, reside in Bay Area. Get Updates. Follow this site ». You're following this site (Edit). You're a contributor here (Edit). You own this site (Edit)

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[Howard Solomon - http://howardsolomon.posterous.com/](http://howardsolomon.posterous.com/)

[Accueil](#) [Ultrarunner](#)

Dawn - Sometimes An **Ultrarunner**. I'm new to Fell Running, and to the UK as well, but I'm ready to tackle the bogs and the mud! Flickr Photostream.

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▪ [www.ultrarunner.fr/index.php](http://www.ultrarunner.fr/index.php)