i'm an **ultrarunner** …NOT! « run2dmoon
par run2dmoon
let's say i ran 50k and i still feel good and strong, am i an **ultra-runner** already? duh. do we have such low standards? full of pride and excitement to be tagged or recognized as **ultra-runner**
. well, it's time to wake up and smell the
...
run2dmoon - http://run2dmoon.wordpress.com/ InStep **Ultra Runner** Jogging Stroller Red/Gold/LtGray/Dk. Gray
...
par wilson253218216
Compare Prices on InStep **Ultra Runner** Jogging Stroller Red/Gold/LtGray/Dk. Gray. Busy parents can stay in shape and bring the little one along. This indoor/ outdoor jogger is at home on the sidewalk, in the park and even in the mall.
...
Kaidens Blog - http://countyroots.com/wilson253218216/
Phils Thoughts - Mainly on **Ultra Running**: First post of the year.
par phil and annas blog
However this Tuesday I read an article posted on a running forum I use by another fellow **Ultra runner**, he had written about Achilles injuries. Without going into the full details the gist of it was that you don't stop running with a
...
Phils Thoughts - Mainly on Ultra Running - http://phil-annas-world.blogspot.com/ The training diary of a Highland Runner: Sore calf's
par GaryB
Attempting to go from injury prone runner to **ultra runner** in 5 months. Oops better make that in less than 3 months as I have now entered the D33 ultramarathon :0P. About Me. My Photo. Gary Bruce: Invergordon, Highlands, United Kingdom
...
The training diary of a Highland Runner - http://garyb-highlandrunner.blogspot.com/ Becoming Ultra
par Spirit Flower
You might call me an **ultra runner**. I have run ultra marathons. But I consider myself just barely qualified for the designation. I probably never will run 100 miles. But as I have mentioned in the past, I fully intend to figure out how **...**
Ultra Monk - http://ultramonk.blogspot.com/ How to run 100 miles and succeed at anything | Johnny B. Truant
par Johnny
Ultrarunner Dean Karnazes tells a story in which a friend asked him how anyone could possibly ever run 100 miles. I don't have the exact phrasing here in front of me, but Dean's answer was essentially this: “Start putting one foot in **...**

Johnny B. Truant - http://johnnybtruant.com/ BC's Jason Louitt Wins Hawaii H.U.R.T. 100 Mile Ultra **...**

par admin

For the second straight year an **ultra runner** from BC has won the H.U.R.T Hawaii 100 Mile Ultra. Jason Louitt, an accomplished trail runner and a resident of Squamish, won the event with a time of 22 hours, 27 minutes and 35 seconds.

...

Trainharder.com - http://www.trainharder.com/ run this amazing day: week 0 in review

par Katie

Then I had to watch some big bad **ultrarunner** guy get the same piriformis and hip flexor treatment that I do and, let me just say this, men are occasionally really big babies. Anyhow, the Egyptian Magician worked on my back for a while

...

run this amazing day - http://runthisamazingday.blogspot.com/ a moment, something restless: Speaking of Water

par Holly Vipond

I was very happy to see that my heart rate and blood pressure were those of an **ultra runner**. Friday - 15 miles, paved. Sunday - 12.5 miles, paved. Total: 35.9 miles. Posted by Holly Vipond at 2:18 PM · Email This BlogThis!

...

a moment, something restless - http://paradiserunning.blogspot.com/ 20 Days to Go

par James Elson

To put that time in perspective, Mike Wardian, probably the best known current **ultra runner** to regularly compete/ win over road marathons and yet have also laid down a number of 'flat' 50 mile times, has PBs of 2:21 in the marathon and

...

Nil Desperandum - James Elson - http://runthroughtime.blogspot.com/ Nate's Blog: First 2 weeks done

par Nate

I am a 27yr old **ultra runner** from Rockingham WA, married to Kate and we have a son called Noah. I run because I have a passion for it and I find freedom in pushing the limits of my ability. **...**

Nate's Blog - http://nate83.blogspot.com/