Frayed Laces: **Ultrarunner** vs. Ironman
par Frayed Laces
Ultrarunner to Ironman: "It (your heart rate) is probably so low because your heart has stopped pumping blood to your brain since you let your satellite watch and training speadsheet make all your decisions for you anyway." **...**
Frayed Laces - http://frayedlaces.blogspot.com/ **Ultra Runner** Vs. Ironman | Trifuel
par Anton
Ultra Runner Vs. Ironman. Anton's picture. Posts. 4907. Member. 2151 days. started by Anton on January 23, 2011. http://www.xtranormal.com/watch/8279147/ . This is so...spot on! "Take chances. Make mistakes. Get Messy."
...
Recent posts - http://www.trifuel.com/forum/tracker/rss **Ultra runner** VS Iron man ..... fantastic !!!
par Gypsy3006
http://www.xtranormal.com/watch/8279147/ hahah .... thats brilliant
MdS Ultra Running Forum - http://www.themds.co.uk/forums/member.php?2055-eloisehaney538 Road Trip « runningpinoy
par dhenztm
I realized that I may be an **ultrarunner**, but I'm in not yet at the level of a long distance driver! I also realized that sometimes the destination isn't as important as the travel. In our case it really didn't matter where we headed—I **...**
runningpinoy - http://runningpinoy.wordpress.com/2008/10/ A Date with the Doc
par Jill
And not any ole podiatrist I randomly picked out of the yellow pages (done that before), no I saw one who is a mega **ultra runner** (is that an oxymoron? Aren't all **ultra runners** "mega" runners? The sentence made me laugh.
...
Run With Jill - http://runwithjill.blogspot.com/ SoutheastRunner: Mt Mist 2011 Race Report
par carl
Orlando and Johnny Buice (**ultra running** great) have run this race multiple times and the consensus was to take advantage of the first half because it is very runable and then deal with the second half the best you can. **...**
SoutheastRunner - http://southeastrunner.blogspot.com/ The Final Chapter of Running across America
par The Trans USA Run - Running for Youth
Your crew you trust with your life as any **ultra runner** or endurance athlete would most likely agree. Michael is no exception - a really unique special man who is giving up his time away from home to help me reach the Atlantic Ocean.
...
The Trans USA Run - http://thetransusarun.blogspot.com/ The North Face Endurance Challenge 2011: Registration Now Open
...
par Trifuel
Hosted by internationally recognized **ultrarunner** Dean Karnazes, The North Face Endurance

Challenge has something for every athlete looking to push and exceed their personal limits on the trail. Participants can choose from 50 Mile, 50K,
...
Trifuel's Triathlon Articles... - http://www.trifuel.com/sitewidefeed The Running Diaries: Back in to the Blog...
par Carlos
In the midst of all this. I fell in love. And she's a beauty, life long committment, make no mistake. But as beautiful as she is, she can be cruel and painful and takes no prisoners. The love of my life is **ultra running**. **...**
The Running Diaries - http://stateofeuphoria.blogspot.com/ Everything.: Vegan February
par .
I recently finished reading Born to Run by Christopher McDougall (which I highly , highly recommend), and found the dedication and passion each **ultra runner** had for their sport to be incredibly inspiring. While I'm not anywhere near
...
Everything. - http://sewnundone.blogspot.com/ Do you like my color scheme?
par Johann
I'm an **ultra runner** and all my goals for the next 3 to 5 years are ultras or other races that will take more than 6 hours to complete. For this I don't do any speed work or repeats of any kind. I believe that is the key to me being able **...**
Run Tall, Walk Tall - http://runtallwalktall.blogspot.com/ Back of the Pack: 2011, Let's Do This!
par Bootchez
Get OVER this, you-wanna-call-yourself-an-**ultrarunner**, Bootchez! Sometime in October: Goblin Valley 50K, Green River, Utah Funderson suggested this. I can't find a date, so I don't know about the work-conflict thing. **...**
Back of the Pack - http://bootfromtheback.blogspot.com/ Week of 1/17-1/23
par Jesse
Hardly the numbers of a competent **ultrarunner**, but I (hopefully) never claimed to be one. Just a slacker who likes running long. This week has been a good week of running, but something about it felt a bit artificial. **...**
In Search of Solid Ground - http://jscott87.blogspot.com/

Sears.ca InStep Poussette ' **Ultra Runner** ' de jogging InStep(MD **...**
Sears.ca questions et réponses clients pour InStep Poussette '**Ultra Runner**' de jogging InStep(MD). Lire les questions et réponses pour lesquelles les vrais
...
reponses.sears.ca/answers/1367-fr_ca/.../questions.htm Nobody cares if... | Facebook
Whether first or last, we all cross that same finish line. Just get out there and run. Dean Karnazes, **Ultrarunner** and best-selling author **...**
fr-fr.facebook.com/MadisonMini/posts/144555242267655