

[Ironman vs Ultrarunner](#)

par Running and living

[RUNNING, TRI-ING AND LIVING - http://runningliving.blogspot.com/ \(Trail\) Ultrarunner of the Year? | old-runner.com](#)

par Richard Hefner

(Trail) **Ultrarunner** of the Year? Posted by Richard Hefner on January 26th, 2011. Ben Nephew, an elite trail runner and ultramarathoner from New England, raises (and takes a stand on) difficult questions regarding the hot ...

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[old-runner.com - http://old-runner.com/ Nicola Gildersleeve: Ultra Runner /Personal Trainer: A Lemony Delight!](#)

par Nicola Gildersleeve

Ultra Running has given me so many amazing memories. It has allowed me to really discover myself and what I am made of. Through running, I have traveled to some of the most beautiful destinations I have ever seen and made a lot of great ...

...
[Nicola Gildersleeve: Ultra Runner/Per... - http://ngildersleeve.blogspot.com/ Man Running around the World Travels Through Potter County | Coudy](#)

...

par admin

Tony Managan, an Irish **ultra runner**, is running around the world to promote Mental Health Awareness and acceptance. David Brooks from the Potter County.

[Coudy News - http://coudynews.com/ 1,4,3 Go: Run the Miles. Share the Love. « runningpinoy](#)

par dhenztm

david on **Ultra Runner** Running Barefoot ... dhenztm on XTERRA Philippines "Pang Rave... Lee on XTERRA Philippines "Pang Rave... Markin Gomez on Lucky 9 at Cebu Marathon · dhenztm on Rediscovering Quezon Memo... ..

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[runningpinoy - http://runningpinoy.wordpress.com/ Conquering the Downs](#)

par Jacob

I also found a short blog post on the subject by elite **ultrarunner** (and 2010 Jemez 50 mile winner) Nick Clark: Tips for Downhill Running · How to Train for a Downhill Marathon · Downhill Running training thoughts.

[Santa Fe Trail Runner - http://santafetrailrunner.blogspot.com/](#)

[yanoo.net](#)

... vieux cerveau durant ces 24 heures pour tenter de me rappeler les noms des courses des années passées et retravailler mon histoire orale d' **ultra runner**. ...

[www.yanoo.net/index.php?load=news&key=843](#)