

[Mega Storm? Yea Right.](#)

par Will

"It made me want to do it more", Eric said to me as we sat at a bar musing about **ultra running** and other necessities in life. I met Eric's dad on a plane to Milwaukee a year ago who told me that his son ran those crazy distances.

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[An Ultra Runner's Blog - http://runlonger.blogspot.com/](http://runlonger.blogspot.com/) [Struggle Toward the Heights: Top Ultra Performances of 2010](#)

par Lundo

Some of the **ultra-running** sites out there had lengthy debates about Ultrarunning magazine's rankings for **ultra runner** of the year and performances of the year. Some of the debate was about the North Face 50, and how those performances

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[Struggle Toward the Heights - http://struggletowardtheheights.blogspot.com/](http://struggletowardtheheights.blogspot.com/) [Rogin-E Last Man Running « runningpinoy](#)

par dhenztm

By rough estimation one can expect that a runner can cover a marathon distance at around the first four hours of the race, making this race more of an "ultramarathon with a pace." Non-**ultra runners**

need not fret as there are also 5K and

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[runningpinoy - http://runningpinoy.wordpress.com/2008/10/](http://runningpinoy.wordpress.com/2008/10/) [The Top 6 Inspirational Videos Of All Time : My Life Changes](#)

par Terry

<http://www.youtube.com/watch?v=4Z9WVZddH9w> . Christopher McDougall: Are we born to run? McDougall tells the story of the marathoner with a heart of gold, the unlikely

ultra-runner

, and the hidden tribe in Mexico that runs to live

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[My Life Changes - http://www.mylifechanges.com/](http://www.mylifechanges.com/) [Are we born to run? - Bonology.com Politically Incorrect Buzz & Bull](#)

par Mr. X

At TEDxPennQuarter, McDougall tells the story of the marathoner with a heart of gold, the unlikely **ultra-runner**, and the hidden tribe in Mexico that runs to live. (Recorded at TEDxPennQuarter, July 2010, in Washington, DC.

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[xBlog Sociopolitics - http://my.bonology.com/](http://my.bonology.com/) [Crunch Week «](#)

par Run Mama

I am also an **ultra runner**, Marathon Maniac (#1169), triathlete, writer (in denial), teacher, and a sometimes "don't try this at home" student of life. Come join me in my journey through Mommy Land and my quest to run the 50 states!

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[- http://onomamapoeia.wordpress.com/](http://onomamapoeia.wordpress.com/) [Eat to Run: When Cravings take Control](#)

par Beth McCurdy

I truly believe that my cooking has had a direct impact on me staying healthy and strong as an **ultrarunner**

. After posting about 200 photos of my food on FACEBOOK over the past couple of years, I decided that it was time to start a blog

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[Eat to Run - http://betheats2run.blogspot.com/](http://betheats2run.blogspot.com/) [I Run Ultras.com: Pilgrimage Report : Running the Caminho Da Fé](http://www.irunultras.com/Pilgrimage-Report-Running-the-Caminho-Da-F%C3%A9)

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par TonyP

Hibernating Season Over - Front yard Like a bear hibernating, it's time to wake and train like an **ultra-runner**

. I have been maintaining a good weightlifting routine, and added back... 20 hours ago

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[I Run Ultras.com - http://www.irunultras.com/](http://www.irunultras.com/)