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.
...
An Ultra Runner's Blog - 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
...
Struggle Toward the Heights - 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
...
runningpinoy - 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
...
My Life Changes - 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 TEDdxPennQuarter, July 2010, in Washington, DC. **...**
xBlog Sociopolitics - 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! **...**
- 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 **u ltrarunner**

. 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
...
Eat to Run - http://betheats2run.blogspot.com/ I Run Ultras.com: Pilgrimage Report : Running the Caminho Da Fé **...**
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
...
I Run Ultras.com - http://www.irunultras.com/