The Trek, a Frozen Burrito Race, **Ultra Runner** Jason Jaksetic and **...**
par jcollison
Carried had shared a blog post from **Ultra running** athlete Jason Jaksetic and his old school style of training. We talked about both the physical and mental aspects of endurance training and what it takes to get an event like a 100 mile
...
The Average Guy Blog and Podcast Network - http://theaverageguy.tv/ Dan Crockett - **Ultra Runner**
"Passion with Purpose": TCC Costa Rica
par Dan Crockett
Dan Crockett - **Ultra Runner** "Passion with Purpose". Friday, February 4, 2011. TCC Costa Rica. Finally at the finish there is an internet cafe. Sorry I haven't posted anything but hope you were able to get info from TCC and Jen Segger. **...**
Dan Crockett - Ultra Runner "Passion... - http://dannycrockett.blogspot.com/ The Trek, a Frozen Burrito Race,
Ultra Runner
Jason Jaksetic and
...
par Carriea81
As many of you saw last week, I shared a blog post from **Ultra running** athlete Jason Jaksetic and his old school “Rocky” training style. We talked about both the physical and mental aspects of endurance training and what it takes to get
...
Leaving a Path.... - http://carriea81.blogspot.com/ 3 Interesting TED Videos to Watch | Darren Herman
par Darren
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. (taken from TED website). Life Lessons from an Ad Man by Rory Sutherland: **...**
Darren Herman - http://www.darrenherman.com/