Electrolytes & Hydration, Part 1
par JeffO
What mainstream people refer to as “active” still ranks as “sedentary” to the average **ultra-runner**. During a 100-mile event, a middle-of-pack **ultra-runner** can consume two or more gallons of fluids in a 24hr period.
...
Trail Bum - http://trailbum.blogspot.com/ Running Mad: Tony Mangan's World Jog
par Daniel Doherty
Tony Mangan, an Irish **ultrarunner** and 48-Hour World Indoor record holder has recently passed the 100 day mark into his 'World Jog'. An amazing adventure - check out more here. - Posted using BlogPress from my iPad **...**
Running Mad - http://runningmad-dan.blogspot.com/ Jed Smith 2010: a new and sunny course
par Jean Pommier
Anyway, the anecdote is that I always thought that, like Ruth Anderson, Dick Collins or Helen Klein, Jed Smith must have been a pretty famous **ultra runner** in the area to have an ultra race named after him. Until... two weeks ago;
...
Running, my second job and passion... - http://fartherfaster.blogspot.com/ FirstElectricNewspaper: MUDD Runners Stymied By Snow
par First Electric Newspaper LLC
Creatures like members of the McHenry (County) **Ultrarunner** Dudes and and Dudettes, for instance, who were forced to run in Algonquin streets Saturday to get in shape for upcoming events. "We tried the woods this morning but the snow was
...
FirstElectricNewspaper - http://www.firstelectricnewspaper.com/ Later, Gaiter! « Heavy, Set, Go!
par heavysetgo
Nobody wears them at road races, and most trail races are ultramarathons – so gaiters belong to **ultrarunners**. An **ultrarunner** I am not. As I stuck the Velcro to my shoe and stretched out my new gaiters, I felt like a major poser. **...**
Heavy, Set, Go! - http://heavysetgo.wordpress.com/ Ultra Monk: Ultra Mentality
par Spirit Flower
Since I am in disagreement with most of society's tradition modes of thought and behavior, I am happy also to contradict standard logic by being an **ultra-runner**. Before I go on, let me point out a miracle. Today, at the Rocky Raccoon
...
Ultra Monk - http://ultramonk.blogspot.com/ A solid week! - Part Time **Ultra-Runner**
par Ian Gallagher
I've had a good start to this month, managing to wake up early enough to hit my morning runs. Helped by the fact its been stinking hot in the evening this hasnt been too much of a struggle and got easier as the week went by. **...**
Part Time Ultra-Runner - http://part-time-ultra-runner.blogspot.com/ Christopher McDougall:

Are we born to run? « Blogmyway Videos
par admin
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.TEDTalks is a daily video podcast of the best talks and performances from **...**
Blogmyway Videos - http://blogmyway.org/videos/ Will Meredith's fell running and walking blog.: ...and here's **...**
par Will Meredith
Actually, I did the L50 last year and ended up running (and then walking) with a chap who was quite a renowned **ultra runner** (apparently) sponsored by Montane who 'd not done an off road race before, expected Montane to have bought all **...**
Will Meredith's fell running... - http://willmeredithfellrunning.blogspot.com/