

[Team inov-8 US Biography: Eric Charette - sirius](#) [ultra runner](#)

par siriusultrarunner

1) Primary sport (s): Trail and **ultra running** 2) Team member since: 2010 3) City /state of residence: Huntsville, Alabama. Hometown: Kingsford, Michigan 4) Occupation: Professional Electrical Engineer 5) Goals for 2011: ...

[sirius ultra runner - http://siriusultrarunner.blogspot.com/](#) [The Fifteen Five Technique](#)

par Will

I've heard several accounts of **ultra runners** doing planned walking like this during races with very positive results. How did it go? I think it is something I'll be doing on a regular basis when I'm putting in longer aerobic runs. ...

[An Ultra Runner's Blog - http://runlonger.blogspot.com/](#) [Diary of an Ultra Runner](#) : still here

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par Chris Carver

Didn't enjoy it much but after finishing it occurred to me that it wasn't so hard really and to push myself I needed a completely different challenge. So I began running longer and entered the world of **ultra running**

[Diary of an Ultra Runner - http://thoughtsofanultrarunner.blogspot.com/](#) [Ultra Chick Adventures: We're on an Island!](#)

par Ultra Runner Chick

So most **ultra runners** are pretty awesome, but I do have to say that the dude that TRIED and yes I say tried to pass me in the last 1.5 miles or so saying " coming through" instead of the typical hi, or on your left to pass just pissed ...

[Ultra Chick Adventures - http://ultrachickadventures.blogspot.com/](#) [Digger's Paleo Diet and Ultra Running](#)

[Life: How To Lose 20 lbs. In](#)

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Digger's Paleo Diet and **Ultra Running** Life. An **ultrarunner** tries to survive on a high fat, low carb, high beer diet. A member of the traveling horror show known as the Fat Ass Pylons. We go places and do stuff! ...

[Latest Health Blogs At i Health Plus - http://blogs.ihealthplus.org/](#) [Digger's Paleo Diet and Ultra Running](#)

[Life: How To Lose 20 lbs. In](#)

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par Digger

An **ultrarunner** tries to survive on a high fat, low carb, high beer diet. A member of the traveling horror show known as the Fat Ass Pylons. We go places and do stuff! How To Approach an Ultra or Ironman. Jordan Rapp quote sums it up! ...

[Digger's Paleo Diet and Ultra... - http://diggereid.blogspot.com/](#) [Annette Bednosky's blog: Uwharrie Trail Runs 2011](#)

par annette bednosky

I have been an **ultrarunner** for 8 years and in 2011 am entering my 7th year on the Montrail UltraRunning Team. I live in the mountains of Ashe County, North Carolina in a little town called Jefferson. My husband George and I live with ...

[Annette Bednosky's blog - http://annettebednosky.blogspot.com/](#) [My Only Friends are my](#)

[Legs... « A Day in the Life](#)

par rbuike

How did running help early humans survive — and what urges from our ancient ancestors spur us on today? At TEDxPennQuarter, McDougall tells the story of the marathoner with a heart of gold, the unlikely **ultra-runner**, and the hidden ...

[A Day in the Life - http://blog.dortoh.ca/](http://blog.dortoh.ca/) [100 Mile Warrior: Training Week Five Recap \(138 days to go\)](#)

par Chad Silker

There was one set of footprints ahead of me that I relied on as my navigational tool, and I caught up to a fellow St. Louis **ultrarunner** around my second mile. David and I ran the next 13 miles together, taking turns breaking in the ...

[100 Mile Warrior - http://100milewarrior.blogspot.com/](http://100milewarrior.blogspot.com/) [March on the AAWT](#)

par Whippetman

Another well known **ultrarunner**, Dave Byrnes, is heading off on a solo- unsupported traverse in mid-March as well but is not concerned with speed records. I still have my leave booked and the pull is growing undeniably strong to head out ...

[Injinji AAWT Alpine Ultra - http://alpineultra.blogspot.com/](http://alpineultra.blogspot.com/)

[Serge Girard, vivre libre et courir - C4N](#)

Serge Girard, l'**Ultra-Runner** a parcouru en 1 an la distance incroyable de 27011, 88 km soit l'équivalent de 640 marathons en 365 jours sans un jour de pause

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www.come4news.com/serge-girard,-vivre-libre-et-courir-97650