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 **...**
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 duded 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 **...**
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 **...**
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/ 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/ 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/

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