2011 - Team Robert
par Josh
What's Team Robert's mission statement? Was a question i faced a few weeks back. I'd never thought about this before. The name was yelled at Rik and I at the Vermont 100 years ago. It stuck, later that fall i created a blog and got **...**
2nd Generation Ultra Runner - http://felixatvtc.blogspot.com/ 2011 Condura Skyway Marathon « Bald Runner
par kingofpots
I got this term from **ultra runner** friend, Ben Gaetos. As a result of my attendance to a One Hour Lecture of Jeff Galloway a day before the Condura Marathon, I decided to have it as a trial or experiment. I am a “purist” in running when **...**
Bald Runner - http://baldrunner.com/ EverymanTri.com: Christopher McDougall video: Are we born to run?
par romanmica@gmail.com (Roman Mica)
According to TED.com, the video's web site: "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." Check it out below. **...**
EverymanTri.com - http://www.everymantri.com/everyman_triathlon/ THE 3-MINUTE INTERVIEW: Joseph Henry | Leah Fabel | Local
...
par Leah Fabel
I'll eat the typical **ultra-runner** things: Cliff bars, packs of Goo, Gatorade- like sports drinks. If I get a piece of pizza, great -- some chicken salad, great. And I'll keep up with fruits and veggies. **...**
Examiner Local RSS - http://washingtonexaminer.com/feeds/16/rss.xml 14 to 16 foot gators?
par Alene Gone Bad
He's an **ultrarunner** with impressive credentials, has kept a running streak of never missing a day for years and years, has completed numerous multiday ultras including a run across the state of Florida solo at the Ragnar Relays last **...**
Journey to Badwater - http://alenegonebad.blogspot.com/ TRAILMOMMA: UH-OH
par trailmomma
Trailmomma went from being a "cool" **ultra running**/marathoning blog to nonrunning blog about my adorable Peanut and my pathetic attempts at the elliptical. For those without kids, I can understand the disappearance. **...**
TRAILMOMMA - http://trailmomma.blogspot.com/ Rocky Raccoon 100 Mile Trail Race 2011 « Hawaiian Shirt Ray
par Hawaiian Shirt Ray
During the beginning of my first lap I was running along side a fellow **ultra runner** named Pam. Pam was running her very first 100 mile ultra trail race. Well , actually Pam was running her very first ultra distance race and her very
...
Hawaiian Shirt Ray - http://www.hawaiianshirtray.com/ Front of the Class: Lessons & Laughs Learned from my Middle School
...

par Kay
Teaching is my true calling and I believe the best profession in the world. I am also a marathoner and **ultrarunner** who loves Bikram yoga, singing, baking, writing, reading, volunteering, and international travel. **...**
Front of the Class: Lessons &... - http://lessonsandlaughs.blogspot.com/

Course Mon premier 6h
Toujours avancer. Au moins sur des courses de moins de 12h. C'est mon intime conviction. Valérie - Argenteuil Super crew & **Ultra runner ...**
forum.ultrafondus.net/showthread.php?p=141427