

NEW YORK TIMES BESTSELLER

# EAT & RUN

**My Unlikely Journey to Ultramarathon Greatness**

"What a triumph . . . Jurek defies unimaginable challenges, and thanks to this breathtakingly personal account, I finally understand how he does it."

— CHRISTOPHER McDOUGALL, author of *BORN TO RUN*



with Steve Friedman

# SCOTT JUREK

# Eat And Run My Unlikely Journey To Ultramarathon Greatness

**Scott Jurek**



## **Eat And Run My Unlikely Journey To Ultramarathon Greatness:**

**Eat and Run** Scott Jurek, Steve Friedman, 2012-07-05 Run until you can't run anymore Then run some more Find a new source of energy and will Then run even faster The words of Scott Jurek a dominant force and darling in the gruelling and growing sport of ultrarunning for more than a decade In 1999 as a complete unknown he took the lead in the Western States Endurance Run a 100 mile jaunt over the Gold Rush trails of America's Sierra Nevada He went on to win that race seven years in a row Jurek was also one of the elite runners who travelled to Mexico to run with the Tarahumara Indians as profiled in the international bestseller *Born to Run* His accomplishments are nothing short of extraordinary In *Eat and Run* Jurek opens up about his life and career as an elite athlete and about the vegan diet that is key to his success From his Midwestern childhood of hunting and fishing to his slow transition to ultrarunning and veganism to his epic record breaking races Jurek's story shows the power of an iron will and the importance of thinking of food as fuel Full of stories of endurance and competition as well as practical advice and some of his original recipes *Eat and Run* will motivate people to go the distance whether that means getting out for a first run expanding your food horizons or simply exploring the limits of human potential

*Running, Eating, Thinking* Martin Rowe, 2014-05-06 In recent years endurance athletes bodybuilders and long distance runners such as Ruth Heidrich Scott Jurek Rich Roll Brendan Brazier Robert Cheeke and many others have destroyed the notion that you cannot be a top flight competitor on a plant based diet and upended the stereotype that veganism means weakness placidity and passivity But are there deeper connections between veganism and running for example that reach beyond attaining peak performance to other aspects of being vegan such as living lightly on the land caring for other than human life and connecting to our animal bodies The fifteen writers in *Running Eating Thinking* wager that there are and they explore in manifold ways how those connections might be made From coping with cancer to reflecting on the need of the confined animal to run free from Buddhist ideas of nonviolence to harnessing the breath for singing and running and from extolling the glories of lentils to committing oneself to the long run in animal activism *Running Eating Thinking* is a pioneering anthology that may redefine your thinking about veganism and running

***Running That Doesn't Suck*** Lisa Jung, 2019-07-09 Running doesn't have to suck Ease yourself into a comfortable routine promise with this hilarious and approachable guide to workouts and nutrition from an experienced athlete We've all side eyed the chipper runners jogging by in their short shorts and Fun Run finisher tops and felt a little envious How do they get out there and do it every day How did they become Runners Though it's theoretically one of the most natural sports for humans the general response to running tends to be It's hard It sucks I wish I could do it If you want to enjoy running this helpful and humorous guide will get you started keep you going and teach you to embrace the suckiness Hint You don't have to run at 6 a.m. and you definitely don't have to wear short shorts You'll also find body maintenance tips nutritional guidance and running etiquette pointers And when you're feeling discouraged Jung's down to earth advice will help you stay motivated and confident With smartly

organized chapters that you can read in any order this book includes insights from professional runners sports psychologists coaches physical therapists and Jhung s own two decade writing and running career Whether you re looking for inspiration or setting specific goals this book has everything you need to get hooked on the sport *The Rotarian: July 2012* ,

**Vegetarianism** Amy Francis,2015-02-10 This collection of essays explores such questions surrounding eating a plant based diet including if meat based diets are necessarily bad for the planet the moral and spiritual implications of vegetarianism and whether the diet is actually beneficial for health The essays in each chapter are organized into a question and response format allowing readers to easily summarize different viewpoints *Endurance Sports Nutrition* Suzanne Girard Eberle,2013-10-28 Endurance Sports Nutrition will guide you in selecting the optimal foods drinks and supplements so you can train longer recover more quickly avoid injuries and achieve your performance goals in any endurance endeavor Sports dietitian and former elite runner Suzanne Girard Eberle presents a fueling program that addresses the unique concerns of endurance athletes Road and trail running from 5K to 100 miles Cycling and mountain biking from time trials to multiday rides Duathlon and triathlon from sprint to Ironman Winter sports from Nordic ski races to mountain ascents Water sports including rowing and open water swimming Environmental conditions including extreme temperatures and high altitude The third edition includes meal planning recommendations for vegetarian athletes and those with food allergies and intolerances as well as profiles advice from elite endurance athletes and strategies for avoiding the most common pitfalls of training Endurance Sports Nutrition will fuel your best performance **Planetary Eating** Gidon Eshel,2025-06-24 A scientifically rigorous guide to making the best dietary choices for both our personal health and our environmental footprint Many of us try our best to eat foods that are healthy and environmentally sustainable But are we getting it right Which foods amount to wise choices and which ones are best avoided Common views often range widely and are sometimes even contradictory It s most unfortunate when conscientious individuals who go to great lengths in their quest to minimize environmental impacts follow the wrong advice In Planetary Eating Gidon Eshel aims to minimize such misuse of good will by providing scientifically untrained readers with the tools needed to make the best choices for themselves and for our planet Eshel writes that dietary choices and the corresponding agricultural patterns are for most of us our principal form of planetary agency the main ways by which we impact our overburdened and undernourished host planet Agriculture and diet are therefore most productively examined through the planetary science perspective Starting from rather basic but not quite first principles Planetary Eating offers impartial fact based analysis with firm foundations in earth and planetary sciences on how to make the right dietary choices 300 **Eat Run -**

**Manger pour gagner** Scott Jurek,2017-01-05 Dans ce r cit passionnant Scott Jurek l un des personnages principaux de Born to Run raconte d o il vient et comment gr ce son r gime v g tarien il devient un grand champion du trail et de la course pied Un livre plein de conseils et de recettes pour mieux courir Enfant ch tif et peu enclin aux pratiques sportives Scott Jurek est

parvenu se transformer en athlète d'exception. Une mutation rendue possible grâce à un mental hors norme et en suivant un régime alimentaire rigoureux. Il retrace sa carrière exceptionnelle de champion végétarien pour en faire une source d'inspiration à l'attention de tous les autres coureurs. De son enfance passée à chasser et pêcher dans un Midwest où la viande est l'honneur, chaque repas son immersion progressive dans l'ultra-marathon et le végétarisme. Scott Jurek témoigne du pouvoir infini de la volonté et fait voler en éclats les idées reçues en matière de diététique sportive. Avec ses récits de courses piquées, ses conseils pratiques et ses recettes personnelles, il offre à tous une source de motivation et nous ouvre en passant de nouveaux horizons culinaires.

*North* Scott Jurek, 2018-04-10. From the author of the bestseller *Eat and Run*, a thrilling memoir about his grueling, exhilarating and immensely inspiring 46-day run to break the speed record for the Appalachian Trail. Scott Jurek is one of the world's best-known and most beloved ultrarunners. Renowned for his remarkable endurance and speed accomplished on a vegan diet, he's finished first in nearly all of ultrarunning's elite events over the course of his career. But after two decades of racing, training, speaking and touring, Jurek felt an urgent need to discover something new about himself. He embarked on a wholly unique challenge: one that would force him to grow as a person and as an athlete, breaking the speed record for the Appalachian Trail. *North* is the story of the 2,189-mile journey that nearly shattered him. When he set out in the spring of 2015, Jurek anticipated punishing terrain, forbidding weather and inevitable injuries. He would have to run nearly 50 miles a day every day for almost seven weeks. He knew he would be pushing himself to the limit; that comfort and rest would be in short supply, but he couldn't have imagined the physical and emotional toll the trip would exact, nor the rewards it would offer. With his wife, Jenny, friends and the kindness of strangers supporting him, Jurek ran hiked and stumbled his way north, one white blaze at a time. A stunning narrative of perseverance and personal transformation, *North* is a portrait of a man stripped bare on the most demanding and transcendent effort of his life. It will inspire runners and non-runners alike to keep striving for their personal best.

Summary of Scott Jurek & Steve Friedman's *Eat And Run* Everest Media, 2022-06-30T22:59:00Z. Please note: This is a companion version, not the original book. Sample Book Insights: 1. I am an ultramarathoner and I have competed in races longer than the marathon distance of 26.2 miles. But I had been eating only plant-based foods for seven years and I had underestimated the race itself. 2. Ultrarunning requires extreme confidence and intense humility. To be a champion, you must believe you can defeat your competitors, but you must also understand that winning requires total commitment and a lack of wavering focus might lead to defeat or worse. 3. Ultrarunners take off at sunrise and continue through sunset, moonrise and another sunrise, sunset and moonrise. They run with bruised bones and scraped skin and they never stop to rest. 4. I had done it before and I could do it again. At another time, on another summer night, in another race, I might have gazed in wonder at the stars glittering against the velvety black night. I might have moved toward the mountains, dark, disapproving bulk, until it had transformed to welcome.

The Extra Mile Pam Reed, 2007-09-18. One year after her astonishing victory at the Badwater Ultramarathon, Pam Reed again made distance running history when

she braved the hottest weather in years 135 degrees to successfully defend her title How does this 100 pound mother and stepmother of five muster the endurance and courage for the 28 hour climb from the hottest desert floor on Earth to the shadow of the continental United States tallest point In The Extra Mile we watch this ultramarathon champion seek balance in her life as a wife mother athlete and entrepreneur With astonishing candor she tells of her 15 year long battle with anorexia And she helps us to understand her passion for ultrarunning to discover how far the human body can be pushed

Correr, comer, vivir Scott Jurek, Steve Friedman, 2013-02-19 La inspiradora historia de uno de los mejores corredores de todos los tiempos Durante casi dos d cadas Scott Jurek ha sido una de las figuras dominantes y m s queridas en el extenuante y cada vez m s popular deporte de la ultracarrera Desde que en 1999 siendo un completo desconocido liderara la carrera de resistencia de los estados del oeste de Estados Unidos sus logros le han situado en la lite de los corredores gan esa carrera durante siete a os consecutivos y consigui marcar el mejor tiempo logr en dos ocasiones la victoria en el ultramarat n de Badwater un paseo de casi 220 km por el valle de la Muerte y recientemente ha establecido un nuevo r cord americano al recorrer 270 km en 24 horas seis maratones y medio en un solo d a En Correr comer vivir Scott Jurek habla sobre su vida y su carrera y sirve de inspiraci n a corredores de todos los niveles Desde su infancia en el Medio Oeste americano sus comienzos en el deporte lo odiaba hasta la lenta transici n hacia el veganismo pasando por sus carreras que han roto todos los r cords la historia de Scott es la de una persona con una voluntad de hierro y que pone en entredicho muchos de los estereotipos sobre los atletas Repleto de incre bles historias de resistencia y competici n fascinantes datos cient ficos y consejos pr cticos y accesibles incluyendo sus recetas favoritas Correr comer vivir te motivar a ir m s all te descubrir c mo preparar tu primera carrera ampliar los horizontes de tu alimentaci n y te animar a explorar los l mites de tu propio potencial

**Running on Empty** Marshall Ulrich, 2011-04-14 117 marathons 52 days 32 pairs of shoes 57 years old A fascinating glimpse inside the mind of an ultramarathon runner and the inspirational saga of his phenomenal journey running across America The ultimate endurance athlete Marshall Ulrich has run more than 100 foot races averaging over 100 miles each completed 12 expedition length adventure races and ascended the Seven Summits including Mount Everest all on his first attempt Yet his run from California to New York the equivalent of running two marathons and a 10K every day for nearly two months straight proved to be his most challenging effort yet Featured in the recent documentary film Running America Ulrich clocked the 3rd fastest transcontinental crossing to date and set new records in multiple divisions In Running on Empty he shares the gritty backstory including brushes with death run ins with the police and the excruciating punishments he endured at the mercy of his maxed out body Ulrich also reached back nearly 30 years to when the death of the woman he loved drove him to begin running and his dawning realization that he felt truly alive only when pushed to the limits Filled with mind blowing stories from the road and his sensational career Ulrich s memoir imbues an incredible read with a universal message for athletes and nonathletes alike face the toughest challenges overcome debilitating setbacks and find

deep fulfillment in something greater than achievement Watch a Video [The Rise of the Ultra Runners](#) Adharanand Finn,2019-05-07 An electrifying look inside the wild world of extreme distance running Once the reserve of only the most hardcore enthusiasts ultra running is now a thriving global industry with hundreds of thousands of competitors each year But is the rise of this most brutal and challenging sport with races that extend into hundreds of miles often in extreme environments an antidote to modern life or a symptom of a modern illness In *The Rise of the Ultra Runners* award winning author Adharanand Finn travels to the heart of the sport to investigate the reasons behind its rise and discover what it takes to join the ranks of these ultra athletes Through encounters with the extreme and colorful characters of the ultramarathon world and his own experiences of running ultras everywhere from the deserts of Oman to the Rocky Mountains Finn offers a fascinating account of people testing the boundaries of human endeavor **So you want to run an Ultra** Andy Mouncey,2014-11-30 So you want to run an Ultramarathon It all looks a very long way doesn't it It can't be good for you it can't be fun and surely you have to be some kind of super athlete to be able to run that far This book shows that it is a very long way that it can be good for you and that you most certainly don't have to be super human to finish one It also goes further by inspiring you to get started and by guiding you each step of the way So whether you're just curious to know more about this fast growing global sport or searching for the right answers to your own ultra running breakthrough this book will prove as valuable as your favourite running shoes Includes advice on making the transition from marathon or triathlon strategies for winning the mental battle keeping your feet intact maintaining the right fuel intake how to build strength and endurance and finally how to deal with running in the dark Andy Mouncey writes from the heart combining great insight and knowledge with a knack for making the complicated seem simple Throw in a healthy dose of dry humour and case study contributions from real people at various stages of their ultra running journey and you have a book that redefines the How To style of sports training guide Illustrated with 93 colour photographs [Eat to Run](#) Stutisheel Lebedev,2013-06-11 Stutisheel Oleg Lebedev is the first runner from the Post Soviet Countries to finish the world longest certified race the Sri Chinmoy Self Transcendence 3100 mile race He ran the 3100 mile race for the first time in 2004 and ran it eight more times afterwards In 2009 he achieved his best finish time 48 days 12 hours 42 minutes and 46 seconds an average of 103 km day For more than 22 years he has been practicing meditation on the path of spiritual Master Sri Chinmoy This book contains his firsthand experience of holistic nutrition at the world longest multi day race It is aimed at everyone who seeks to lead a harmonious life and to unfold his/her ultimate potential Coloured pictures inside **Ultramarathon Man** Dean Karnazes,2006-03-02 In one of his most ambitious physical efforts to date Dean Karnazes attempted to run 50 marathons in 50 states in 50 days to raise awareness of youth obesity and urge Americans of all fitness levels to take that next step *UltraMarathon Man 50 Marathons 50 States 50 Days* a Journeyfilm documentary follows Dean's incredible step by step journey across the country Ultrarunning legend Dean Karnazes has run 262 miles the equivalent of ten marathons without rest He has run over

mountains across Death Valley and to the South Pole and is probably the first person to eat an entire pizza while running. With an insight, candor, and humor rarely seen in sports memoirs and written without the aid of a ghostwriter or cowriter, Ultramarathon Man has inspired tens of thousands of people, nonrunners and runners alike, to push themselves beyond their comfort zones and be reminded of what it feels like to be truly alive, says Sam Fussell, author of *Muscle*. Ultramarathon Man answers the questions Karnazes is continually asked: Why do you do it? How do you do it? Are you insane? And in the new paperback edition, Karnazes answers the two questions he was most asked on his book tour: What exactly do you eat? How do you train to stay in such good shape?

**The Longest Race** Ed Ayres, 2013-08-20 It soon becomes clear that this book isn't just about an athletic race. It's also about the human race. Bloomberg Businessweek: Having run in more than six hundred races over the span of fifty-five years, Ed Ayres is a legendary distance runner, and this book is his urgent exploration of the connection between individual endurance and a sustainable society. *The Longest Race* begins in 2001 at the starting line of the JFK 50 Mile, the nation's oldest and largest ultramarathon, and like other such races, it's an epic test of human limits and aspiration. At age sixty, his sights set on breaking the age division record, Ayres embarks on a course over the rocky ridge of the Appalachian Trail along the headwind-buffed towpath of the Potomac River and past momentous Civil War sites such as Harpers Ferry and Antietam. But even as Ayres focuses on an endurance runner's familiar concerns—starting strong and setting the right pace, controlling his breathing, overcoming fatigue, and staying mindful of the course ahead—he finds himself as preoccupied with the future of our planet as with the finish line. A veteran journalist and environmental editor, Ayres reveals how the skills and mindset necessary to complete an ultramarathon are also essential for grappling anew with the imperative to endure, not only as individuals but as a society, and not just for fifty miles but over the real long haul in a unique meditation that ought to be required reading even for people who have never run a step. *The Boston Globe*: He seamlessly moves between discussing running to exploring larger life issues, such as why we run, our impact on the environment, and the effects of the nation's declining physical fitness. *Thought Provoking Booklist*: To read this book is to run alongside a seasoned athlete, a deep thinker, and a great storyteller. And Ayres doesn't disappoint. He is the best kind of running companion, generously doling out hilarious stories and hard-won insights into performance conditioning and the human condition. His lifetime of ultra-running and environmental writing drive his exploration of what keeps us running long distances and what it might take to keep the planet from being run into the ground. *Nature Conservancy magazine*.

**Distance Memories** Scott Ludwig, 2013-04-30 I've been around the block a few times. Over half a million times, actually. Assuming a block is approximately 100 yards long and 100 yards wide, running just over 130,000 lifetime miles equates to a few more than 500,000 times around the block. So yeah, I've been around the block a few times. I've had my share of ups and downs. The Boston Marathon, the Badwater Ultramarathon, and having whatever it takes to run every single day since November 30, 1978, would fall into the former. An aging body, injuries, and well, to be totally honest, falling down while running much too often these days.



would fall into the latter But its been a good long run and I wouldnt have wanted it any other way My wife Cindy believes the 2003 Badwater Ultramarathon signaled the beginning of my declining health and running ability I beg to differ I believe it was my last place and darn proud of it finish in the 2006 Western States Endurance Run that catapulted me into the downside of my running career However I have no regrets As I said earlier its been a good long run and I wouldnt have wanted it any other way Besides if it had been any other way I wouldnt have had the many tales you will find in this book that you quite frankly could not possibly find anywhere else These are my stories from my experiences and my perspectives on running as well as life Theyre all absolutely true Theyre all brutally honest Theyre all from the heart Most of all theyre all mine Scott Ludwig 2013

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