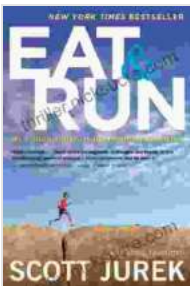
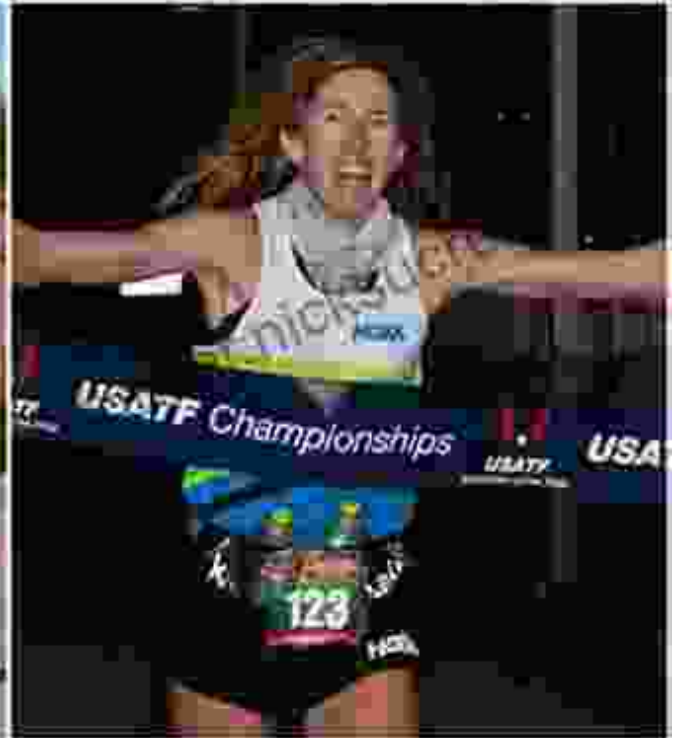


My Unlikely Journey To Ultramarathon Greatness - The Long and Winding Road



Eat And Run: My Unlikely Journey to Ultramarathon Greatness by Scott Jurek

★★★★☆ 4.6 out of 5

Language : English
File size : 13375 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 273 pages

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I never thought I would be an ultramarathoner. In fact, I never even thought I would be a runner. I was always the kid who got picked last for gym class and who would rather read a book than go for a walk.

But then, in my early 30s, I decided to get in shape. I started by walking every day. Then, I started running. And then, I started running longer and longer distances.

At first, it was hard. I would get tired and sore, and I would often want to quit. But I kept going. And slowly but surely, I started to get better.

In 2015, I ran my first marathon. It was one of the hardest things I have ever done, but I finished it. And that's when I realized that I could do anything I set my mind to.

Since then, I have run several more marathons and ultramarathons. I have even set a few course records. And I have learned a lot about myself along the way.

I have learned that I am stronger than I thought I was. I have learned that I can overcome any challenge if I set my mind to it. And I have learned that anything is possible if you are willing to put in the work.

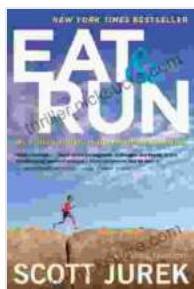
My journey to ultramarathon greatness has not been easy. But it has been worth it. I am now a healthier and happier person. And I have accomplished something that I never thought I would be able to do.

If you are thinking about taking on a challenge, I encourage you to go for it. You may surprise yourself at what you can achieve.

Here are a few tips for aspiring ultramarathoners:

- Start slowly and gradually increase your distance and intensity.
- Listen to your body and take rest days when you need them.
- Find a training partner or group to help you stay motivated.
- Fuel your body with healthy foods and plenty of water.
- Get enough sleep.
- Mental preparation is just as important as physical preparation.
- Don't be afraid to fail. Everyone has setbacks. The important thing is to learn from your mistakes and keep moving forward.

I hope my story inspires you to take on your own challenges. Remember, anything is possible if you are willing to put in the work.



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