



# Eat and Run: My Unlikely Journey to Ultramarathon Greatness

By Scott Jurek, Steve Friedman

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“In pursuing the mental side of endurance, Jurek uncovers the most important secrets any runner can learn.”—Amby Burfoot, author of *The Runner’s Guide to the Meaning of Life*

For nearly two decades, Scott Jurek has been a dominant force—and darling—in the grueling and growing sport of ultrarunning. Until recently he held the American 24-hour record and he was one of the elite runners profiled in the runaway bestseller *Born to Run*.

In *Eat and Run*, Jurek opens up about his life and career as a champion athlete with a plant-based diet and inspires runners at every level. From his Midwestern childhood hunting, fishing, and cooking for his meat-and-potatoes family to his slow transition to ultrarunning and veganism, Scott’s story shows the power of an iron will and blows apart the stereotypes of what athletes should eat to fuel optimal performance. Full of stories of competition as well as science and practical advice—including his own recipes—*Eat and Run* will motivate readers and expand their food horizons.

“Jurek’s story and ideas should easily manage to speak to and cheer on anyone seeking to live life as fully as possible.”—*Denver Post*

“A shockingly honest, revealing, and inspiring memoir.”—*Trail Runner*

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### **Bibliography**

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### Editorial Review

#### Amazon.com Review

**Amazon Best Books of the Month, June 2012:** While many of us sit behind a desk for eight or nine hours a day, Scott Jurek is running. A legend among hard-core runners, Jurek has fashioned a lucrative career as an ultramarathoner. He runs, and wins, grueling races in excess of 100 miles, in a wide array of usually inhospitable environments: Death Valley, the Sierra Nevada Mountains, Mexico's Copper Canyon. And he does it on a completely plant-based diet. In *Eat and Run*, Jurek tells the story of how an average Midwestern kid growing up on meat he caught or killed himself became a vegan elite athlete. Part memoir, part training guide, part vegan manifesto, Jurek's most inspiring proposal here is that running—like so many things in life—is less dependent on physical skill than it is on willpower. Runners of all levels, meat-eaters, and vegans alike will be inspired to lace up their sneakers and hit the trails. --*Juliet Disparte*

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### Photographs from *Eat and Run*

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The Tarahumara were known for their grace and speed. The fastest and most graceful of them all was Arnulfo Quimare, and to this day I consider him one of my noblest competitors.



In 2005, two weeks after my seventh consecutive Western States 100 victory, I set out to conquer the Badwater Ultramarathon, a 135-mile endurance slog through Death Valley. Mile 12, 120 degrees, and I'm leading. What could go wrong?



At 48 miles in, I was over 5 miles behind, considered quitting, and decided that yes, those who described the insanity of the Badwater were right.



In 2010, *New York Times* columnist Mark Bittman interviewed me. Before any questions, he opened his fridge and asked me to prepare a meal. I whipped up a veggie and tofu stir fry with homemade Indonesian almond sauce and quinoa.

### Review

"The surprise here isn't that Scott Jurek knows a lot about nutrition—I especially love his "Holy Moly Guacamole" recipe. Or that he ran prodigious mileage to prepare for his many ultramarathon victories. More impressively, we discover that Jurek studied many of the great philosophers, and used their lessons to focus his running. **In pursuing the mental side of endurance, Jurek uncovers the most important secrets any runner can learn.**" —Amby Burfoot, winner of the 1968 Boston Marathon and author of *The Runner's Guide to the Meaning of Life*

**"What a triumph—both Scott Jurek's life and this one-of-a-kind book.** I've seen Scott in action as he defies unimaginable challenges, and thanks to this breathtakingly personal account, I finally understand how he does it. He rebuilt himself literally from the inside out, and the result is a man—and a story—unlike any

other." —Christopher McDougall, best-selling author of *Born to Run*

#### From the Back Cover

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## Users Review

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#### Patricia Oyler:

This Eat and Run: My Unlikely Journey to Ultramarathon Greatness are usually reliable for you who want to certainly be a successful person, why. The reason why of this Eat and Run: My Unlikely Journey to Ultramarathon Greatness can be one of several great books you must have is actually giving you more than just simple reading food but feed you actually with information that might be will shock your earlier knowledge. This book is definitely handy, you can bring it everywhere you go and whenever your conditions throughout the e-book and printed kinds. Beside that this Eat and Run: My Unlikely Journey to Ultramarathon Greatness forcing you to have an enormous of experience for instance rich vocabulary, giving you trial run of critical thinking that we all know it useful in your day exercise. So , let's have it and revel in reading.

#### Carol Reck:

The particular book Eat and Run: My Unlikely Journey to Ultramarathon Greatness will bring someone to the new experience of reading a book. The author style to describe the idea is very unique. Should you try to find new book you just read, this book very suitable to you. The book Eat and Run: My Unlikely Journey to Ultramarathon Greatness is much recommended to you to read. You can also get the e-book from your official web site, so you can easier to read the book.

**Robert Thompson:**

The actual book Eat and Run: My Unlikely Journey to Ultramarathon Greatness has a lot associated with on it. So when you check out this book you can get a lot of benefit. The book was written by the very famous author. The writer makes some research just before write this book. That book very easy to read you can obtain the point easily after perusing this book.

**Lindsay Washington:**

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