

Eat And Run: My Unlikely Journey To Ultramarathon Greatness - , Steve Friedman

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An inspiring memoir from ultrarunner Scott Jurek, star of Born to Run, covering his remarkable running career, fueled, surprisingly, by an entirely plant-based diet. Author: Jurek, Scott Author: Friedman, Steve Publisher: Houghton Mifflin Harcourt Illustration: N Language: ENG Title: Eat and Run: My Unlikely Journey to Ultramarathon Greatness Pages: 00288 (Encrypted EPUB) On Sale: 2012-06-05 SKU-13/ISBN: 9780544002319 Category: Sports & Recreation : Running & Jogging Category: Health & Fitness : Diets - General

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