

## [SCOTT JUREK EAT AND RUN](#)



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### **Scott Jurek**

Scott Jurek is a living legend. Named one of the greatest runners of all time, He has claimed victories in nearly all of ultrarunning s elite trail and road events.

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### **Eat and Run My Unlikely Journey to Ultramarathon**

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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.

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### **About Scott Jurek**

Named one of the greatest runners of all time, Scott Jurek has become a living legend. He has claimed victories in nearly all of ultrarunning s elite trail and road events including the historic 153-mile Spartathlon, the Hardrock 100, the Badwater 135-Mile Ultramarathon, and his signature race the Western States 100-Mile Endurance Run, which he won a record seven straight times.

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### **Scott Jurek Wikipedia**

Scott Gordon Jurek (born October 26, 1973) is an American ultramarathoner, New York Times bestselling author of Eat & Run, and public speaker. Throughout his career, Jurek has been one of the most dominant ultramarathon runners in the world, winning many of the sport's most prestigious races multiple times, including the Hardrock Hundred (2007), the Badwater Ultramarathon (2005, 2006), the

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### **Mike Sandrock Scott Jurek finds his North on**

Standing before a giant, three-story rendering of the 2,189-mile Appalachian Trail at a lodge in Georgia's Amicalola Falls State Park one late May day in 2015, Scott Jurek paused. He is a fearless

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### **Guest Post Ultramarathon Legend Scott Jurek Shares His**

A recipe from Eat & Run by Scott Jurek, in stores June 5, 2012. Hippie Dan first taught me the importance of greens like spirulina and wheatgrass. Spirulina is a green algae said to have been carried into battle by Aztec warriors. Used for centuries as a weight-loss aid and immune-booster, it has lately been studied and shown promising results as a performance enhancer for long-distance runners.

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### **Ultrarunner Scott Jurek Returning to the Roots REI Co**

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### **Vegan Ultrarunner Scott Jurek Breaks Appalachian Trail**

Jurek recently smashed the Appalachian Trail record, completing the entire 2,160-mile trek through rough terrain in 46 days, 8 hours, and 10 minutes. For over a month, Jurek pushed himself through

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### **How a marathon runner mentally pushed through a 2 189 mile**

Runner Scott Jurek has finished first and beat records in almost every event he's run. His most ambitious race came in 2015, when he ran the entire Appalachian Trail, determined to break the

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### **ATLANTIC CITY VEGAN FOOD FESTIVAL njvegfest.com**

Friday, July 12: Vegan Food Truck Festival 2pm-10pm Friday, July 12: 12-9pm Vegan Sports & Fitness Expo & Boardwalk Run Packet Pick-Up (fitness expo is open to all)

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### **Chia Seeds for Runners Power Your Run with This Ancient**

Blog Chia Seeds Power Your Run with This Ancient Superfood Top 10 Benefits of Chia Seeds

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### **Fueling Your Run with Whole Foods Does No Meat Athlete**

How to Use Whole Foods for Mid-Run Fuel. As you can see from the chart above, it s absolutely possible to hit your nutrient goals with whole foods, but learning to fuel with whole foods will likely take a bit of time, testing, and preparation.

<http://ebookslibrary.club/download/Fueling-Your-Run-with-Whole-Foods--Does---No-Meat-Athlete.pdf>

### **Bro to Bro Dating Advice Avoid the Horse Chicks at All Costs**

10 Reasons Why You Should Never Date Horse Chicks! Written by Scott McGinnis | Goombay Tally | Contact us below or at [email protected] for comments, writer requests, or advertisement submissions. If you are a bro who has an affinity for anything equestrian, please stop reading this post and move on to another blog or website like HorseAdvise.com , Spin to Win: Rodeo Magazine or

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