EAT AND RUN MY UNLIKELY JOURNEY TO ULTRAMARATHON GREATNESS SCOTT JUREK

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Is Scott Jurek still vegan? Scott has been vegan since 1997 and practices and advocates a 100% vegan diet. He claims that what he eats is crucial in supporting endurance, recovery and health. Initially this was for health reasons.

Where is Scott Jurek now? Scott currently resides in Boulder, CO with his wife, Jenny, and newborn daughter, Raven.

Who is the American ultramarathoner and author of Eat and Run? Scott Jurek, author of "Eat and Run", is a vegan ultramarathon winner and his book recounts his adventures running ultra races all over the world and how he did it on a vegan diet.

Does Scott Jurek take supplements? I do take vitamin B12 and DHA because of my vegan diet, as well as essential fatty acids, Omega 3s, calcium, magnesium, iron and zinc, because these are low in most standard diets.

What happened to that vegan mom?

What is surprisingly not vegan? Beer and Wine Isinglass, a gelatin-based substance derived from fish, is used as a clarifying agent in some beer and wine. Other non-vegan ingredients sometimes used are casein (from milk) and egg whites.

Does Scott Jurek have kids? Personal life. Jurek lives in Boulder, Colorado, with his wife Jenny. They have two children, Raven and Evergreen.

What shoes does Scott Jurek wear? I have been running most of my long training runs and ultra races in Brooks racing flats for almost a decade, even Badwater and Spartathlon. Racing flats and minimal shoes provide the best of both worlds: comfort and performance.

When did Scott Jurek retire? In 2013, he retired from competitive ultrarunning turning to family, business, and adventure running projects.

Who is the greatest ultramarathoner?

Who is the female vegan ultramarathon runner? Fiona Oakes (born 1 August 1966) is a British distance runner who holds four world records for marathon running. In 2013, she won both the Antarctic Ice Marathon and the North Pole Marathon. She runs despite losing a kneecap due to a tumour when she was 17. Oakes has been vegan since she was 6 years old.

Who is the fat runner? Meet Martinus Evans, the 300-pound marathon runner leading the 'slow AF' club. Martinus Evans has run several marathons — at his own gloriously slow pace — and started the Slow AF Run Club to inspire other plus-sized people to lace up their running shoes.

What does Mark Wahlberg take for supplements? He's Got Natural Supplements Performance Inspired has a massive line of supplements from pre-workout, BCAAs, creatine, and protein powders.

Does Adam Ondra take supplements? So that's what I do on a regular day. MM: Do you use any supplements? Ondra: Yes, I use BCAA [branched chain amino acids] and protein powder, nothing more.

What do vegan ultra runners eat?

Is MQL4 a programming language? MetaQuotes Language 4 (MQL4) is a new integrated programming language for developing indicators and trading strategies for the free-of-charge online trading terminal named MetaTrader 4.

What language is similar to MQL4? MQL4 is based on the concept of the popular programming language C++. The language has enumerations, structures, classes

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and event handling.

Can Python be used in MT4? The Pytrader ecosystem consists of a python script and a MT5 or MT4 EA. Further for the licensing an indicator is used. Documentation for connecting Metatrader 5 and metatrader 4 with Python using a simple drag and drop EA. A full suited solution and fully tested , fast and efficient.

Is MQL4 different from MQL5? MQL4 is simpler and suitable for basic strategies, while MQL5 offers more advanced features, better performance, and scalability for complex projects.

Which language is best for trading system? Java. Java remains a dominant force in the realm of algorithmic trading systems, particularly for high-frequency trading (HFT) applications. Known for its performance, scalability, and platform independence, Java is well-suited for building complex trading systems that require low latency and high throughput.

What is the best AI language? What are the top AI programming languages? By and large, Python is the programming language most relevant when it comes to AI—in part thanks to the language's dynamism and ease.

What is the best language to write trading bots? On the other hand, Java and C++ excel in high-frequency trading environments. R and MATLAB are well-suited for quantitative research and Go offers a balance between simplicity and performance. Remember that building a successful trading bot involves more than just choosing the right programming language.

Do professionals use MT4? Millions of traders use the MT4 and MT5 platforms every day. They have intuitive interfaces and are suitable for all traders, from novices to experts.

Is MT4 easy to use? Once you get used to it, MT4 is great for beginners. It's simple and there are many guides and resources to help learn its ropes. This means MT4 works for nearly every skill level and trading experience. Another reason why MT4 is the number one choice for so many traders is that it's highly customisable.

Is Python good for trading bot? Python has emerged as a popular choice for crypto trading bot development due to its simplicity, versatility, and extensive library

support. Some key reasons to use Python for building a crypto trading bot include: Ease of Use.

Why MT5 is better than MT4? Added indicators and widgets MT5 has 8 additional built-in indicators, and 13 more graphical objects than MT4. This means that traders can perform more in-depth technical analysis in the financial markets using MT5.

Is MQL5 same as C++? MQL is a subset of C++, so if you know C++, it is probably simpler to stick to MQL, unless you really need some crazy infrastructure. The MQL API provides pretty much everything needed to implement your algorithms. MQL4 is in a C++, C/Win32 fashion, while MQL5 has a C++ Library, and the MT5 runtime is more diverse.

Can I convert MQL4 to MQL5? Unsolved Convert MQL4 to MQL5 The converter will convert most projects, but some blocks are different and need manually replaced, if a block says trade and not position, it is mt4. I start from scratch in mt5 so all blocks are relevant. Learn fxDreema without the wait!

Is Python fast enough for trading? Although slower than other programming languages such as Java, C++, or C#, it is more than fast enough for most trading applications. The fact that most automated trading strategies are nowadays implemented in Python is a testament to its suitability.

Which algorithm is best for trading? Quantiply. Quantiply is a powerful algo trading tool with a backtesting engine. It allows you to experiment with your trading strategies based on years of historical data. You can experiment with different parameters, analyse performance metrics, and fine-tune your algorithms to maximise success.

What language is mt4 trading? The software uses a proprietary scripting language, MQL4/MQL5, which enables traders to develop Expert Advisors, custom indicators and scripts. MetaTrader's popularity largely stems from its support of algorithmic trading.

How to code AI for beginners? How do I start artificial intelligence from scratch? Start with a solid foundation in computer science and a strong grip on a programming language, preferably Python. Next, learn basic algorithms followed by

machine learning and data science principles. Apply theoretical knowledge through AI projects.

What language is easiest for AI? 1. Python. Python has become the general-purpose programming language for AI development due to its data visualization and analytics capabilities. It has a user-friendly syntax that is easier for data scientists and analysts to learn.

Which AI is best for coding? Amazon CodeWhisperer. Amazon CodeWhisperer is one of the best AI tools for editing code developed by Amazon. The reason why developers prefer this platform is because of its coding speed and accuracy, which leads to faster and more precise code writing.

Can I code my own trading bot? With the right strategy, tools, and risk management measures, you can create a trading bot that automates your trades and maximizes your profits. Remember to test your strategy thoroughly, and always practice responsible risk management.

Is it hard to write a bot? Most bots are fairly simple in design, but some bots are more complex and use artificial intelligence (AI) in an attempt to imitate human behavior. Writing a bot is fairly easy for most developers, and sometimes even for non-developers.

Do professional traders use bots? In conclusion, bot trading is prevalent among professional traders, offering numerous benefits such as efficiency, speed, and risk management.

Is MQL a programming language? MQL4 stands for MetaQuotes Language 4 and is a programming language included in MetaTrader 4. MQL4 is the MQL version 4, the one that works with MetaTrader 4. If you don't know what a programming language is, it means that you have never written code before, which is fine.

Which programming language is used in MT4? MetaQuotes Language 4 (MQL4) is a programming language for developing trading robots, technical indicators, scripts, and function libraries for use on the MetaTrader 4 trading platform. Such applications significantly enhance traders' abilities when performing operations in the Forex market.

Is linear programming is a programming language? Although it sounds like a modern-day process, linear programming is a type of mathematical problem-solving method that can be traced back to the 1930s. It has gained importance in recent years due to its application in coding and Artificial Intelligence (AI), and as a form of linear regression in data science.

Is Pinescript a programming language? What is the Pine script? Pine script is a programming language created by TradingView to backtest trading strategies and create custom indicators. Pine script was designed to be lightweight, and in most cases, you can achieve your objectives with fewer lines of code compared to other programming languages.

What language is MT4 EA code? MetaEditor: MT4 includes an integrated development environment called MetaEditor, which is used for creating EAs. You can access it directly from the MT4 platform. Writing the Code: An EA is essentially a script written in MQL4.

What level of language is SQL? SQL is considered a fourth generation computer language, because it provides a level of abstraction independent of computer hardware (roughly relational algebra).

What coding language is closest to SQL? PostgreSQL is a powerful, open-source, object-relational database system that uses and extends the SQL language. It also has various features that safely store and scale the most complicated data workloads. This is the closest to standard SQL and is a widely used SQL dialect.

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Is MT4 a Russian company? App versions of the popular PC electronic trading platforms are provided by MetaQuotes Software Corp., a Russian software company

that also has registration offshore in Limassol, Cyprus.

Is linear programming easy or hard? Performing linear programming is very easy and we can attain an optimum solution in very few steps.

Can Python do linear programming? Several free Python libraries are specialized to interact with linear or mixed-integer linear programming solvers: SciPy Optimization and Root Finding. PuLP. Pyomo.

Is programming a math or language? While not all coding is advanced math, all coding is certainly logical and involves problem-solving, skills that are also central to mathematics. Writing code to solve a problem is like solving a puzzle, which is a fundamental aspect of math.

Is Pinescript easy to learn? Compared to other programming languages, Pine Script is a lightweight script, designed to interact with TradingView in as few lines as possible. Many users compare it to Python, but traders experienced with any programming language should have an easy time learning Pine Script.

What is the best programming language for trading?

What is TradingView coded in? Pine Script™ is TradingView's programming language. It allows traders to create their own trading tools and run them on our servers.

What topics are in OCR A Level chemistry Paper 2?

Who published a level chemistry for OCR?

Is OCR the hardest exam board A level? Is OCR or AQA harder? No exam board should be easier or harder than another. While they have different paper structures and question styles, Ofqual ensures each exam board is the same in terms of difficulty. So getting a grade 9 in AQA Maths should be the same challenge as a grade 9 with OCR.

What should I revise for chemistry paper 2?

How long is OCR A level chemistry exam?

Is OCR an A level? OCR provide not just school-age qualifications but also adult A-level courses and adult GCSE courses in over 40 subjects and offers over 450 vocational qualifications.

Who reads audiobook lessons in chemistry? scientist. The extraordinary journey of this unconventional and utterly inspiring protagonist is narrated in suitably no-nonsense fashion by Miranda Raison, whose crisp delivery mirrors Elizabeth's prioritization of rationality over emotion.

What topics are tested in chemistry paper 2? The second paper covers topics 6-10: the rate and extent of chemical change; organic chemistry; chemical analysis, chemistry of the atmosphere and using resources. Each exam lasts for one hour and 45 minutes and each counts for 50% of the final GCSE mark.

What modules are in chemistry paper 2?

What topics are in OCR A Level Biology Paper 2?

What topics are in OCR Computer Science Paper 2?

What is the oldest engineering drawing? Drafting and design have a long history starting, as far as we can see, around 2,000 B.C. The first evidence of drafting came from this period in the form of a drawn aerial view of a castle in Babylon.

What is engineering drawing 1? An engineering drawing is a type of technical drawing that is used to convey information about an object. A common use is to specify the geometry necessary for the construction of a component and is called a detail drawing. Usually, a number of drawings are necessary to completely specify even a simple component.

What do the 3 blocks on an engineering drawing signify? Blocks of Information. The information included in these blocks is crucial to the assembly. They are frequently seen at the drawing's bottom right-hand corner. These blocks define what the drawing is for, who it is for, the component number and description, and material and finish information.

How many types of drawing are there in engineering drawing? Engineering drawings are typically of two kinds: part drawing and assembly drawing. The part drawing shows the dimensions of individual parts (a bracket, an extrusion, a tube, a bent aluminum sheet, etc.), while the assembly drawing shows how these are to be attached in relation to each other.

What is the hardest technical drawing? Descriptive Geometry is notorious for being the hardest of all technical drawing types. However, you can understand it and master it with enough practice.

What did engineers use before CAD? Before the advent of AutoCAD and other drafting software, the engineering drawings were made on the sheet of papers using drawing boards.

Is engineering drawing hard? Engineering drawing may be about technical drawings but it is one of the toughest subjects, ask any engineering student and you will know.

Who is the father of engineering drawing? Gaspard Monge created a large-scale plan of a town using his own methods of observation and instruments that he designed. As a result, authorities commissioned Gaspard as a drafter and pupil in the practical school of the military institution.

Who invented engineering drawing? The technical Engineering Drawing have existed since the ancient times. The strong traces of engineering drawings are also found in the literature of Leonardo da Vinci. Gaspard Monge is frequently considered the "father of descriptive geometry".

What is the M symbol in engineering drawing? "M" stands for "maximum material condition." This symbol indicates the application of maximum material condition.

What is a F in engineering drawing? AF. across flats. Commonly used when measuring the flat surfaces of a hex drive, such as a hex nut.

What letters are not used in drafting? 35 standards for tracking changes with engineering drawings. Also stated in these standards, all letters in the alphabet can be used for revisions, except I, O, Q, S, X, and Z, as these can be mistaken for

numbers. The letters are to be used in an uppercase format.

How to study engineering drawing easily?

What is the triangle symbol in engineering drawing? The surface roughness on a drawing is represented by inverted triangles. The basic symbol consists of two legs of unequal length inclined at approximately 60° to the line representing the considered surface. The symbol must be represented by a thin line. The value of roughness is added to the symbols.

What are engineering drawings called? Engineering drawings are also called technical drawings, prints, blueprints or schematics. Engineers used to make these drawings by hand, but now they make drawings on CAD software.

What is the hardest pencil used in engineering drawing? 9H is the hardest, and 7B is the softest. Engineering drawings can be constructed with two or three hardness grades (4H, F and B). Pencils and pencil leads are available in a variety of hardness levels. A hard pencil is used to lay out light lines that are not intended to be seen by the reader.

Is technical drawing obsolete? Technical drawings are the backbone of the engineering industry, even if they aren't used as the main source of drafting and designing anymore. With CAD software, some might consider technical drawings outdated and useless. That's not the case, however. These drawings are still very important.

What is the easiest drawing ever?

Who is the father of technical drawing? Gaspard Monge, Comte de Péluse was a French mathematician, commonly presented as the inventor of descriptive geometry, technical drawing, and the father of differential geometry.

What did CAD replace? Used by engineers, architects, and construction managers, CAD has replaced manual drafting in many places. It helps users create designs both 2D and 3D designs to better visualize construction. CAD enables the development, modification, and optimization of the design process.

What CAD software do most engineers use? AutoCAD. AutoCAD, which was made by Autodesk, has a long history as one of the first CAD platforms. It is widely used in many fields, especially architecture, engineering, and construction, because it is flexible, can do both 2D and 3D modelling, and has a huge selection of industry-specific tools.

Can I be an engineer if I'm bad at drawing? You'll have no need to be an artist and make realistic looking pencil sketches. To make engineering drawings you'll use CAD, like AutoCAD or other 2D and 3D software. It's useful to be able to make quick hand sketches to communicate ideas, but they don't have to be artistic.

What are the cons of engineering drawings? Disadvantages of engineering drawings include: Complexity: Engineering drawings can be very complex, with a lot of information packed into a small space. This can make them difficult to read and interpret. Cost: Producing accurate engineering drawings can be time-consuming and expensive, especially for complex designs.

How can I be perfect in engineering drawing?

Do engineers own their drawings? First, as we noted in Case 67-3 that as a general rule, in the absence of a contractual provision to the contrary, the drawings, plans, and specifications prepared by an engineer for a client are the property of the client.

Who is the godfather of engineer? In India, September 15 is observed as National Engineer's Day. This day commemorates the birth of the first engineer Sir Mokshagundam Visvesvaraya, also known as the Father of Engineering. The general celebration offers recognition to all the civil engineers for their contributions to the nation's development.

Why do engineers make sketches? Engineering drawings are used to communicate design concepts and design intent using a standardized pictorial language comprised of lines, shapes, and symbols. They are sophisticated technical drawings that provide details on the geometry, dimensions, materials, and tolerances of an object.

What is the most oldest engineering? Civil engineering is the oldest form of engineering and one of the earliest professions. It came into being due to one of the basic human needs i.e. the need for shelter. The earliest forms of shelter were caves and trees but as man progressed, he built shelters of clay, stone and wood to suit his needs.

What is the oldest construction drawing? Architects drew up highly precise plans of vast stone-walled hunting traps 9000 years ago, representing the oldest known architectural plans to scale in human history.

What is the oldest form of drawing? The earliest human drawing, dating back to the Stone Age, has been found in a cave in South Africa. It is a cross-hatched pattern and was drawn with a red ochre crayon. A team of scientists from Norway, South Africa, Switzerland and France found that the pattern had been intentionally drawn onto silcrete stone.

What is the oldest engineering category? 1. Civil Engineering. Often thought to be the oldest engineering discipline, civil engineering focuses on constructing, designing, and maintaining physical structures used by the public, such as dams, bridges, tunnels, roads, airports, subway systems, and water supply systems.

What is the hardest engineering? The top 5 most difficult engineering courses in the world are nuclear engineering, chemical engineering, aerospace engineering, biomedical engineering and civil engineering.

Which engineering is the richest?

Who is the greatest engineer of all time? Nikola Tesla– The inventor, creator, electrical engineer and mechanical engineer was an inventor way beyond his times with his futuristic innovations. The engineer invented the induction motor, fluorescent lighting and Tesla coil, all important inventions still in use today.

What is the oldest city in the world? Jerico, West Bank - 11000 years old Situated in the Palestinian territories, this place stands as a formidable candidate for the world's oldest continuously inhabited settlement, tracing its origins back to approximately 9,000 BC, as per Ancient History Encyclopedia.

What is the oldest place on Earth? Dating to around 3.6 billion years ago, the Pilbara region of Western Australia is home to the fossilised evidence of the Earth's oldest lifeforms.

What is the oldest wooden structure still standing? As discussed above, ??? (Horyuji) was built in 607 AD and is world's oldest surviving wooden structure. It was constructed using ? (hinoki, Japanese cypress) that were roughly 2,000 years old. As the temple is 1,300 years old, it's also been 1,300 years since the timber was cut down, but it still stands firm.

Why did humans live in caves? Starting about 170,000 years ago, some Homo sapiens lived in some cave systems in what is now South Africa, such as Pinnacle Point and Diepkloof Rock Shelter. The stable temperatures of caves provided a cool habitat in summers and a warm, dry shelter in the winter.

What is the oldest depiction of a human being? The six-centimeter-tall Venus of Hohle Fels is among the sculptures uncovered. The mammoth ivory figurine is the oldest known depiction of a human being.

What is the oldest drawing of a woman? Most date to the Gravettian period of the Homo sapiens occupation of Europe, between 26,000 and 21,000 years ago, but the oldest, found in Germany, may be more than 35,000 years old. This photograph shows the famous Venus of Willendorf from Austria, which was carved in stone about 30,000 years ago.

What is the toughest branch of engineering in the world? Electrical engineering, chemical engineering, biomedical engineering, aerospace engineering, and computer engineering are considered the toughest branch in engineering.

What engineer makes the most money?

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