

[Trail Bug Racing: \*\*Ultra Runner\*\* vs Ironman...](#)

par Wile E Coyote

Oh the great debate continues in this entertaining video with some great shots from both sides...but I'll award this bout to the **Ultra Runner** quite easily [http://www.youtube.com/watch?v=vuBw39uCT4Q&feature=player\\_embedded](http://www.youtube.com/watch?v=vuBw39uCT4Q&feature=player_embedded)

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[Trail Bug Racing - http://trailbugracing.blogspot.com/](http://trailbugracing.blogspot.com/) [Serge Girard, vivre libre et courir - C4N](#)  
Serge Girard, l'**Ultra-Runner** a parcouru en 1 an la distance incroyable de 27011, 88 km soit l'équivalent de 640 marathons en 365 jours sans un jour de pause à travers toute l'Europe, accompagné de sa femme et d'une équipe de suiveurs ...

[C4N - http://www.come4news.com/](http://www.come4news.com/) [I like it when my legs feel tired: More miles](#)

par Tiffany Guerra

I'm also an **ultrarunner**. This blog is a collection of ultra-related experiences, discoveries, races, and learnings, on the trail and beyond, as I learn more about the world of ultrarunning, and how it both fits with and compliments my ...

[I like it when my legs feel tired - http://tiffany-guerra.blogspot.com/](http://tiffany-guerra.blogspot.com/) [Ian Sharman's Pacers/Crew Report on his Rocky Raccoon 100 Win](#)

par Guest Writer

[Elite women's **ultrarunner** and nutritionist Meredith Terranova and her husband Paul paced and crewed Ian Sharman during his course record breaking 12:44:35. Meredith shares her perspective on the effort below. ...

[iRunFar.com - http://www.irunfar.com/](http://www.irunfar.com/) [FITBOMB: This Mudder Not Tough Enough?](#)

par fbomb

As **ultrarunner** Steven Tursi wrote, Tough Mudder and its ilk can't hold a candle to the Death Race. Even without reckless driving and booby traps, the Death Race sounds fun, don't you think? at 10:19 PM. Tags: adventure racing, CrossFit, ...

[FITBOMB - http://www.fitbomb.com/](http://www.fitbomb.com/) [Re-earning my Cankles](#)

par Katie Kift

I know the term 'Kiwi' makes no sense to anyone - I would like to say it's in reference to a friend who is a **Ultra-runner** and his shorts, but that probably isn't any more of an explanation. In fact, re-reading that back - it sounded a ...

[Ramblings on Barefoot Running,... - http://barefootkatiek.blogspot.com/](http://barefootkatiek.blogspot.com/) [WTF: The Wildwood Trail Fatass](#)

par Teri S.

I was an **ultrarunner**. I could hit that wall of fatigue and fight my way through it. I could keep my legs moving when they were begging me to stop. The doubts I have had since Seattle cracked a little. ...

[\(Long\) Road to Paradise - http://longroadtoparadise.blogspot.com/](http://longroadtoparadise.blogspot.com/) [PR FITNESS: "The Runner in Winter"](#)

par Chris

Check out this ten minute film featuring elite **ultrarunner** Anton Krupicka. Tony is very much a minimalist runner with impeccable running form and one of the best ultramarathon runners around. Anyone else ready for a snowy trail run?

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[PR FITNESS - http://prfitnessblog.blogspot.com/](http://prfitnessblog.blogspot.com/)

[Téléchargement gratuit du documentaire:"Sur les pistes de l'...](#)

En avant première merci à l'association Valeurs d'Afrique nous offre un court- métrage de 20 minutes du futur documentaire de l'ultramarathon solidaire et ...

[www.ultrarunner.fr/index.php?option=com...](http://www.ultrarunner.fr/index.php?option=com...)