

2011 - Team Robert

par Josh

What's Team Robert's mission statement? Was a question i faced a few weeks back. I'd never thought about this before. The name was yelled at Rik and I at the Vermont 100 years ago. It stuck, later that fall i created a blog and got ...

2nd Generation Ultra Runner - <http://felixatvtc.blogspot.com/> 2011 Condura Skyway Marathon
« Bald Runner

par kingofpots

I got this term from **ultra runner** friend, Ben Gaetos. As a result of my attendance to a One Hour Lecture of Jeff Galloway a day before the Condura Marathon, I decided to have it as a trial or experiment. I am a "purist" in running when ...

Bald Runner - <http://baldrunner.com/> EverymanTri.com: Christopher McDougall video: Are we born to run?

par romanmica@gmail.com (Roman Mica)

According to TED.com, the video's web site: "McDougall tells the story of the marathoner with a heart of gold, the unlikely **ultra-runner**, and the hidden tribe in Mexico that runs to live." Check it out below. ...

EverymanTri.com - http://www.everymantri.com/everyman_triathlon/ THE 3-MINUTE INTERVIEW: Joseph Henry | Leah Fabel | Local

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par Leah Fabel

I'll eat the typical **ultra-runner** things: Cliff bars, packs of Goo, Gatorade- like sports drinks. If I get a piece of pizza, great -- some chicken salad, great. And I'll keep up with fruits and veggies. ...

Examiner Local RSS - <http://washingtonexaminer.com/feeds/16/rss.xml> 14 to 16 foot gators?

par Alene Gone Bad

He's an **ultrarunner** with impressive credentials, has kept a running streak of never missing a day for years and years, has completed numerous multiday ultras including a run across the state of Florida solo at the Ragnar Relays last ...

Journey to Badwater - <http://alenegonebad.blogspot.com/> TRAILMOMMA: UH-OH

par trailmomma

Trailmomma went from being a "cool" **ultra running**/marathoning blog to nonrunning blog about my adorable Peanut and my pathetic attempts at the elliptical. For those without kids, I can understand the disappearance. ...

TRAILMOMMA - <http://trailmomma.blogspot.com/> Rocky Raccoon 100 Mile Trail Race 2011 « Hawaiian Shirt Ray

par Hawaiian Shirt Ray

During the beginning of my first lap I was running along side a fellow **ultra runner** named Pam. Pam was running her very first 100 mile ultra trail race. Well , actually Pam was running her very first ultra distance race and her very

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Hawaiian Shirt Ray - <http://www.hawaiianshirtray.com/> Front of the Class: Lessons & Laughs Learned from my Middle School

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par Kay

Teaching is my true calling and I believe the best profession in the world. I am also a marathoner and **ultrarunner** who loves Bikram yoga, singing, baking, writing, reading, volunteering, and international travel. ...

[Front of the Class: Lessons &... - http://lessonsandlaughs.blogspot.com/](http://lessonsandlaughs.blogspot.com/)

[Course Mon premier 6h](#)

Toujours avancer. Au moins sur des courses de moins de 12h. C'est mon intime conviction.

Valérie - Argenteuil Super crew & **Ultra runner** ...

forum.ultrafondus.net/showthread.php?p=141427