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In Eat & Run, Scott opens up about his life and career as an elite athlete and a vegan and inspires runners at every level.

Eat&Run Scott Jurek

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Until recently he held the American 24-hour record and he was one of the elite runners profiled in the runaway bestseller Born to Run. In Eat and Run, Jurek op... (Eat and Run PDF Scott Jurek EBOOK).

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A dominant force in the sport of ultrarunning, Scott Jurek is a seven-time winner of the 100-mile Western States Endurance Run and a two-time winner of the 135-mile Badwater Ultramarathon through Death Valley. Eat & Run offers an inspirational account of Jurek's life as a runner and vegan.

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Eat And Run My Unlikely Journey To Ultramarathon Greatness

In Eat and Run, Jurek opens up about his life and career as a champion athlete with a plant-based diet and inspires runners at every level. From his Midwestern childhood hunting, fishing, and cooking for his meat-and-potatoes family to his slow transition to ultrarunning and veganism, Scott's story shows the power of an iron will and blows apart the stereotypes of what athletes should eat to fuel optimal performance.

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From the book's title, Eat and Run, and Jurek's notoriety among vegan athletes, I thought the book would be primarily about Jurek's diet and his running (strategy, training, etc.). What it's more about is Scott Jurek is a well-known vegan ultrarunner who has won a lot of loooong races and set a lot of records.

Eat and Run: My Unlikely Journey to Ultramarathon

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Eat And Run: My Unlikely Journey To Ultramarathon

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