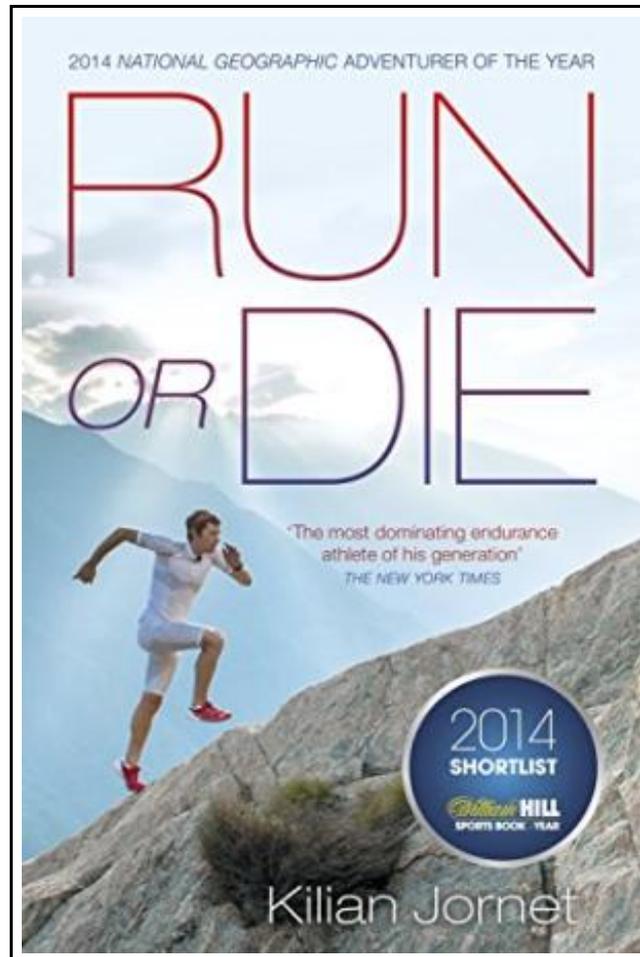


Run or Die: The Inspirational Memoir of the World's Greatest Ultra-Runner



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Reviews

This ebook is very gripping and fascinating. Sure, it is engage in, nevertheless an amazing and interesting literature. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Ms. Ora Buckridge)

RUN OR DIE: THE INSPIRATIONAL MEMOIR OF THE WORLD'S GREATEST ULTRA-RUNNER



Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Run or Die: The Inspirational Memoir of the World's Greatest Ultra-Runner, Kilian Jornet, Run or Die by Kilian Jornet - the autobiography of the world's most dominating athlete in ultra running. It was longlisted for the 2014 William Hill Sports Book of the Year Award, National Geographic Adventurer of the Year 2014, and, Marca Legend Award 2014. "This man can run 100 miles. Up and down mountains. Without stopping. After skipping breakfast. Meet Kilian Jornet, the world's greatest ultra-runner". (The Times). At 18 months he went on his first hike. At 3, he climbed his first mountain. At 10, he entered his first mountain race. At 26, he plans to run up Everest - without an oxygen mask. Kilian Jornet has conquered some of the toughest physical tests on the planet. He has run up and down Mt. Kilimanjaro faster than any other human being, and struck down world records in every challenge that has been proposed - all before the age of 25. Dominating ultra marathons and races at altitude, he has redefined what is possible in running, astonishing competitors with his near-superhuman fitness and ability. In Run or Die Kilian shares his passion, inviting readers into a fascinating world rich with the beauty of rugged trails and mountain vistas, the pulse-pounding drama of racing, and an intense love for sport and the landscapes that surround him. In turns inspiring, insightful, candid, and deeply personal, this is a book written from the heart of the world's greatest endurance runner, for whom life presents one simple choice: Run. Or die. This is the next must-have read for those who enjoyed the endurance books Born to Run by Christopher McDougall and Ultramarathon Man by Dean Karnazes. Kilian Jornet is a world champion...



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