



# **Eat and Run: My Unlikely Journey to Ultramarathon Greatness**

*Scott Jurek, Steve Friedman*

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For nearly two decades, Scott Jurek has been a dominant force—and darling—in the grueling and growing sport of ultrarunning. In 1999, as a complete unknown, he took the lead of the Western States Endurance Run, a 100-mile traverse over the old Gold Rush trails of the California Sierra Nevada. He won that race seven years in a row, setting a course record along the way. Twice he won the Badwater Ultramarathon, a 135-mile “jaunt” through Death Valley. Recently he set an American record of 165.7 miles in 24 hours—6 1/2 marathons in one day. And he was one of the elite runners who traveled to Mexico to run with the Tarahumara Indians, as profiled in the bestseller *Born to Run*. His accomplishments are nothing short of extraordinary, but that he has achieved all of this on a plant-based diet makes his story all the more so.

In *Eat and Run*, Scott Jurek opens up about his life and career—as an elite athlete and a vegan—and inspires runners at every level. From his Midwestern childhood hunting, fishing, and cooking for his meat-and-potatoes family, to his early beginnings in running (he hated it), to his slow transition to ultrarunning and veganism, to his world-spanning, record-breaking races, Scott’s story shows the power of an iron will and blows apart all the stereotypes of what athletes should eat to fuel optimal performance. Chock-full of incredible, on-the-brink stories of endurance and competition, fascinating science, and accessible practical advice—including his own favorite plant-based recipes—*Eat and Run* will motivate everyone to “go the distance,” whether that means getting out for that first run, expanding your food horizons, or simply exploring the limits of your own potential.

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