Eat And Run My Unlikely Journey To Ultramarathon Greatness
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him).” Eat and Run Quotes by Scott Jurek - Goodreads As a result, "Eat and Run" does not vividly present the characters nor contain much of a story. The book is more of a series of reports on Jurek's impressive accomplishments sprinkled with some running advice and a few recipes. (I tried two of the recipes, by the way, one worked and one did not). Amazon.com: Customer reviews: Eat and Run: My Unlikely ... Eat and Run: My Unlikely Journey to Ultramarathon Greatness by Scott Jurek 3.96 avg. rating ·
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