

Eat And Run My Unlikely Journey To Ultramarathon Greatness Scott Jurek.pdf

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[Scott Jurek - Wikipedia](#)

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Scott Gordon Jurek (born October 26, 1973) is an American ultramarathoner, New York Times bestselling author of *Eat & Run*, and public speaker. Throughout his career ...

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Some time ago I published an article here on my blog about the importance of Hip Extension in Running Gait. Equally as important as a runner's ability to extend the ...

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