



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

*Scott Jurek, Steve Friedman*

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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. Regaling listeners with jaw-dropping tales of endurance, Jurek also delivers sound science and practical advice-as well as his favorite plant-based recipes.

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