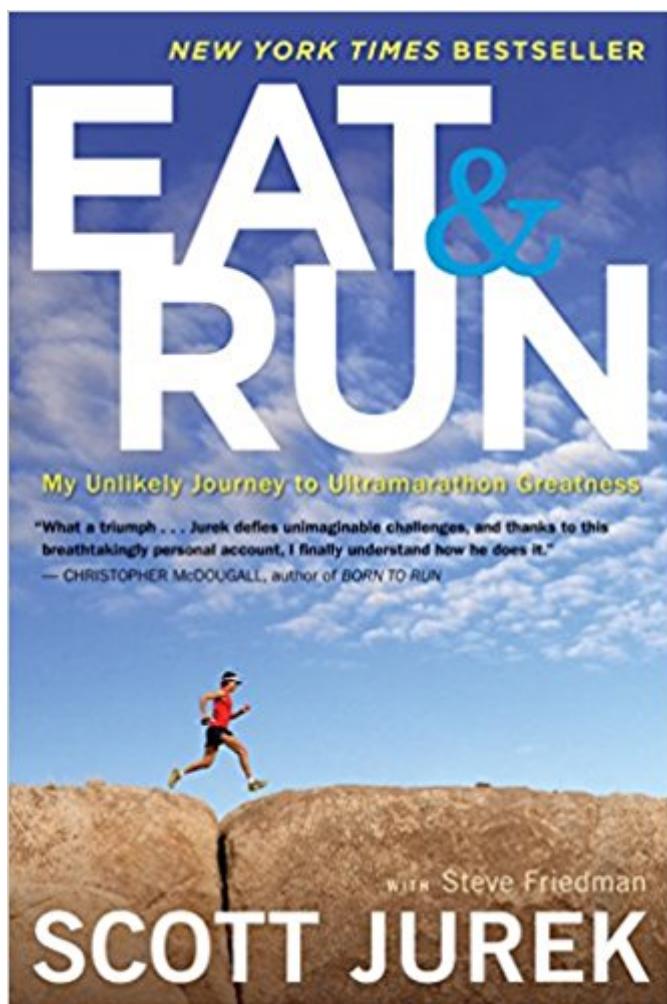


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# Eat And Run: My Unlikely Journey To Ultramarathon Greatness



## Synopsis

“In pursuing the mental side of endurance, Jurek uncovers the most important secrets any runner can learn.” Amby Burfoot, author of *The Runner’s Guide to the Meaning of Life*For nearly two decades, Scott Jurek has been a dominant force and darling in the grueling and growing sport of ultrarunning. Until recently he held the American 24-hour record and he was one of the elite runners profiled in the runaway bestseller *Born to Run*. In *Eat and Run*, Jurek opens up about his life and career as a champion athlete with a plant-based diet and inspires runners at every level. From his Midwestern childhood hunting, fishing, and cooking for his meat-and-potatoes family to his slow transition to ultrarunning and veganism, Scott’s story shows the power of an iron will and blows apart the stereotypes of what athletes should eat to fuel optimal performance. Full of stories of competition as well as science and practical advice—including his own recipes—*Eat and Run* will motivate readers and expand their food horizons. Jurek’s story and ideas should easily manage to speak to and cheer on anyone seeking to live life as fully as possible. “A shockingly honest, revealing, and inspiring memoir.”—Denver Post “A Trail Runner

## Book Information

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## Customer Reviews

Best Books of the Month, June 2012: While many of us sit behind a desk for eight or nine hours a day, Scott Jurek is running. A legend among hard-core runners, Jurek has fashioned a lucrative career as an ultramarathoner. He runs, and wins, grueling races in excess of 100 miles, in a wide array of usually inhospitable environments: Death Valley, the Sierra Nevada Mountains,

Mexico's Copper Canyon. And he does it on a completely plant-based diet. In Eat and Run, Jurek tells the story of how an average Midwestern kid growing up on meat he caught or killed himself became a vegan elite athlete. Part memoir, part training guide, part vegan manifesto, Jurek's most inspiring proposal here is that running—like so many things in life—is less dependent on physical skill than it is on willpower. Runners of all levels, meat-eaters, and vegans alike will be inspired to lace up their sneakers and hit the trails. --Juliet Disparte

Photographs from Eat and Run Click on thumbnails for larger images

The

Tarahumara were known for their grace and speed. The fastest and most graceful of them all was Arnulfo Quimare, and to this day I consider him one of my noblest competitors. In 2005, two weeks after my seventh consecutive Western States 100 victory, I set out to conquer the Badwater Ultramarathon, a 135-mile endurance slog through Death Valley. Mile 12, 120 degrees, and I'm leading. What could go wrong? At 48 miles in, I was over 5 miles behind, considered quitting, and decided that yes, those who described the insanity of the Badwater were right. In 2010, New York Times columnist Mark Bittman interviewed me. Before any questions, he opened his fridge and asked me to prepare a meal. I whipped up a veggie and tofu stir fry with homemade Indonesian almond sauce and quinoa.

--This text refers to an alternate Paperback edition.

"The surprise here isn't that Scott Jurek knows a lot about nutrition—I especially love his "Holy Moly Guacamole" recipe. Or that he ran prodigious mileage to prepare for his many ultramarathon victories. More impressively, we discover that Jurek studied many of the great philosophers, and used their lessons to focus his running. In pursuing the mental side of endurance, Jurek uncovers the most important secrets any runner can learn." —Amby Burfoot, winner of the 1968 Boston Marathon and author of *The Runner's Guide to the Meaning of Life*"What a triumph—both Scott Jurek's life and this one-of-a-kind book. I've seen Scott in action as he defies unimaginable challenges, and thanks to this breathtakingly personal account, I finally understand how he does it. He rebuilt himself literally from the inside out, and the result is a man—and a story—unlike any other." —Christopher McDougall, best-selling author of *Born to Run*

First off, I'll start by saying that this book appealed to me on many fronts. I'm a budding runner and someone who loves to run. I'm also struggling to eat and depend less on animal products as a source of protein (for health reasons). And, also, the analytical side of me loves the research that Scott put into creating solutions to beat the competition (he blends scientific, philosophical, and

empirical approaches to learn how to "Eat and Run" better). He takes the reader through many emotional highs, some of his intimate personal troubles, and even near depression. By the end of the book, I had cheered for him, shed a few tears, was highly inspired, got a few laughs, and picked up some great recipes along the way (hopefully I'll get some use out of them). The warmth and compassion he shows for his mother, his friends, and fellow competitors seemed true and genuine. If running, eating well, or the desire for competitive inspiration are a driving force in your life, I suspect you'll reap the benefits of reading about Scott's life journey. Scott, thanks for a great book!

I am 50 years old and am going to run my first half marathon ever in 2 days thanks to this book. Well written and thoughtful. I love the recipes. My daughter can't get enough of the cabbage salad I started making from one of the recipes. My sister and I email each other discussing snippets of insight from the book and the recipes we are making. We don't cook or bake any more. We "Jurek" our food. The ending was a little abrupt but then again his life isn't over yet so the next chapters are still being written. For anyone who loves distance running or is considering running this is a great book to read. In a world where we try to find comfort in every second it is refreshing to read about somebody uninterested in instant gratification. His toughness and determination are values I crave to see in individuals.

This book was fantastic and motivating. The book starts out by telling the reader that this is Scott Jurek's story, but it's also YOUR story. "Sure thing," I thought, "but maybe I'll find some motivation or inspiration in here anyway." After reading it, I can say that I'm now on my own journey of eating better and becoming more fit. While I'll never be a world class endurance athlete, reading this book makes me strive to be better. The author describes his childhood and family, and how he became a plant eating endurance athlete. By continually pushing his body (because sometimes you just do things) he accomplished amazing feats before being a plant-eating runner was trendy or even thought to be sustainable. He details a number of races he ran, the personal trials he faced, and how he overcame them. Stories of the courses and people he raced with are entertaining and often humorous. He also shares a number of recipes for running food and everyday food. There's no preaching, just a story of his experiences that I found to be extremely relatable. For anybody in a fitness slump or wondering what makes these crazy endurance athletes tick, I'd highly recommend this book. Be prepared though, you might find a desire to be better that can't be shaken!

The book is a catchy read: easily written with a mix of action, life philosophy and culinary. Hence the

five stars - I kept on reading every spare moment of the day I could find. I am an aspiring runner, not ultra- (at least yet), but a daily running amateur. I am also interested in healthy lifestyle, mindfulness and minimalism, hence my interest in Scott's thoughts. That said, as a source of an inspiration to my running and plant-based diet, Scott's book had somewhat of a mixed impact:- running: Scott does inspire to run and enjoy the spiritual side of running. However, his professionalism and devotion to running can be hardly matched by "occasional" runners like me. And since I have not done endurance training from childhood to my late 30s, I can hardly connect to the levels of performance that the book talks about (despite some entry-level advice that the book provides on techniques etc). Therefore at some stage of the book my read changed from admiration-only to admiration mixed with discouragement, because the performance Scott writes about can hardly be matched by someone like me (blame me for lack of self-confidence, though try to run 165 miles in 24 hours).- plant based diet: the book did inspire me to learn more about plant based diets and to actually try it out. I am now going through this fundamental change of lifestyle and am enjoying it quite a bit (with all the daily doubts about my ability to continue). That said, Scott's recipies were overly complicated to me - I am an amateur cook only, thus I like to follow recipies very closely, and I also live outside US/UK, thus products I can find in stores here are quite different from those in Scott's recipies. With this, starting from Scott's recipie 3 onwards I just skimmed them but really paid no attention, thinking that they are quite useless given my skills and products. So overall a great read, hope you enjoy it! Best regards, D.

Inspirational, motivational, challenging. The book fills in the blanks in this icon's life and reminds us that a normal person with a desire to succeed can do so. Over and again. If he refuses to quit. While reading of his great adventures, I found myself seeing the sights and hearing the sounds and smelling the fragrances he described. I felt his pain of personal loss and found myself longing to push towards my own goals. To live simply. To be in the moment. To be true to myself. And to build deep and abiding relationships. For any who long to change...to become more; for any who wonder about plant-based nutrition...and how it produces long-term athletic endurance; for any who seek a deeper existence...this book is for you! I couldn't stop reading it. And I can't wait to try his vegan recipes!

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