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miles and beyond, written by Hal Koerner, one of the most experienced and recognized athletes in the ultrarunning. Ch 1: Getting Started “ Ultra, ” by one definition, means “ extreme. ”

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Ultrarunning, does a great job of introducing the sport of ultrarunning to beginner and seasoned runners that are thinking about venturing into ultras. It provides a great overview of what one can possibly experience out on the trail.

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