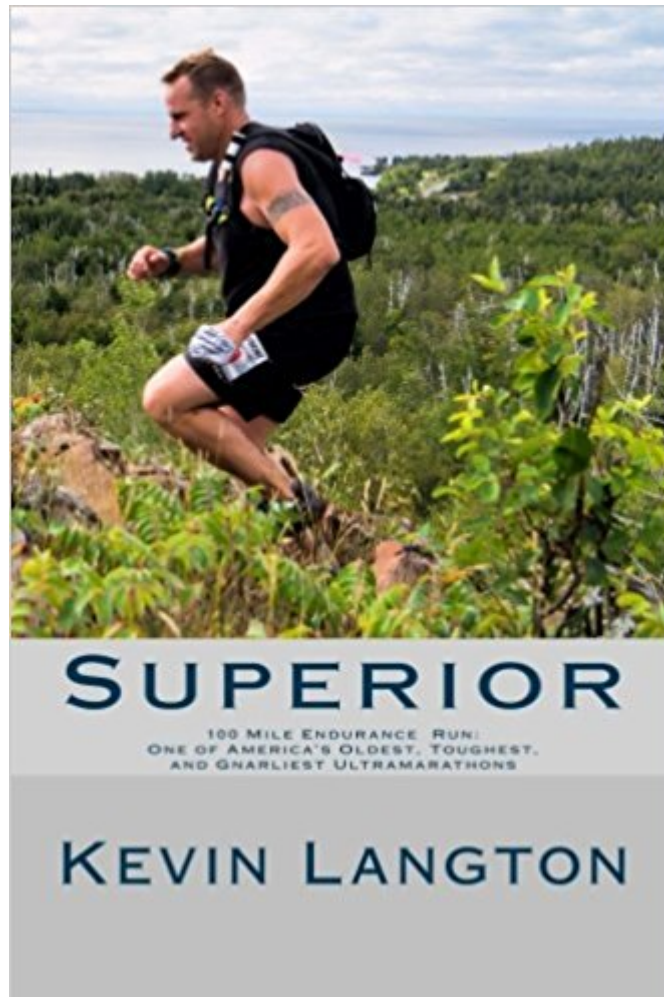


The book was found

Superior: 100 Mile Endurance Run, One Of America's Oldest, Toughest, And Gnarliest Ultramarathons



Synopsis

The Superior 100 is one of the most rugged, remote, and relentless 100 mile footraces out there. It's beautiful and challenging. This multi-genre book is part nonfiction novel, part history, part memoir, among other things. It follows eight runners through the race. It follows crew members, volunteers, course markers, sweepers, and the race director. It dives into race history. With lyric and memorable narrative, it captures the physical, mental, and spiritual journeys of the competitors as they run through the night, through the forests, rivers, and ridgetops of the Sawtooth Mountains of northern Minnesota.

Book Information

Paperback: 400 pages

Publisher: CreateSpace Independent Publishing Platform (August 6, 2016)

Language: English

ISBN-10: 153022862X

ISBN-13: 978-1530228621

Product Dimensions: 6 x 1 x 9 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 starsÂ Â See all reviewsÂ (8 customer reviews)

Best Sellers Rank: #73,331 in Books (See Top 100 in Books) #31 inÂ Books > Sports & Outdoors
> Extreme Sports

Customer Reviews

In my first sitting, late at night, already exhausted after a long day, I couldn't put it down. Reading this book is like being at the race. I mean that in the best way. It's social, fun, insightful (VERY insightful), and patient. The pace of the narrative is brilliant. Lots of variation, lots of different perspectives, lots of on-the-ground experiencing of the footfalls of the Superior Hiking Trail. In particular I've really eaten up the history of the race. I've heard little bits about the race in drips and drabs over the years, but Kevin packages it, and narrates the history, with outstanding use of primary documents. The many perspectives are the best. Especially I like all the background from Donny Clark. I've encountered Donny a few times and have always been so impressed by his exemplification of everything I love about trail running: his positive energy, his enthusiasm, his empathy, and his tirelessness. Events--institutions--like Superior couldn't continue to exist without Donny and the dozens of people like him. Kevin touches so many of them in this book. It's wonderful!

I will admit to bias when writing this review since I have run with the author and know about half of the "characters" in the book. Kevin does a great job combining the history of the race, the experiences of runners during the 2014 running of the race, and the behind the scenes action of what it takes to make a race of this magnitude happen. If you are a runner who is maybe thinking about jumping into the deep end and trying a 100 mile race, read this. If you have a friend or loved one who runs these things, read this. If you are just curious as to why anyone would even attempt to run 100 miles, read this.

This book is incredibly captivating and I cannot put it down. It's about time someone gave this race the respect that it truly deserves! Whether you're a runner or not, get yourself a copy. It takes you through the epic journey of running the race from multiple perspectives without having to actually endure the pain and suffering of the race itself. Definitely worth the read!

This book is intriguing on a variety of levels. I connected with the individual struggles and victories of the singular characters/runners and I really appreciated the history and ultra-running lessons as well. Overarching all of this is the essence of life and where we find meaning as individuals. A compelling page turner; this is a great handbook for someone running the Superior mile 100 race and for anyone experiencing this wonderful game called life.

[Download to continue reading...](#)

Superior: 100 Mile Endurance Run, One of America's Oldest, Toughest, and Gnarliest
Ultramarathons Runner's World Run Less, Run Faster:Â Become a Faster, Stronger Runner with
the Revolutionary 3-Run-a-Week Training Program The Ultimate Running Guide: Dominate Every
Run The Mile 5k 10k Half Marathon Marathon Mile Markers:Â The 26.2 Most Important Reasons
Why Women Run Relentless Forward Progress: A Guide to Running Ultramarathons The Last Fish
Tale: The Fate of the Atlantic and Survival in Gloucester, America's Oldest Fishing Port and Most
Original Town Cooking for One: 365 Recipes For One, Quick and Easy Recipes (Healthy Cooking
for One, Easy Cooking for One, One Pot, One Pan) The Five Elements: Understand Yourself and
Enhance Your Relationships with the Wisdom of the World's Oldest Personality Type System The
Lost Book of Moses: The Hunt for the World's Oldest Bible The Celestial Key to the Vedas:
Discovering the Origins of the World's Oldest Civilization The FBI Career Guide: Inside Information
on Getting Chosen for and Succeeding in One of the Toughest, Most Prestigious Jobs in the World
How to Boil an Egg: Poach One, Scramble One, Fry One, Bake One, Steam One The Perfect Mile:

Three Athletes, One Goal, and Less Than Four Minutes to Achieve It RUN: What To Know About Running Before You Begin (A Complete Beginners Guide: Learn How To Start Running And Jogging): (Running And Jogging For Beginners, Weight Loss, Exercise, How to Run And Jog) Run Patty Run: The Story of a Very Special Long-Distance Runner Who Lights the Way for Others Ready to Run: Unlocking Your Potential to Run Naturally The Run Walk Run MethodÂ Runner's World Run Less, Run Faster: Become a Faster, Stronger Runner with the Revolutionary FIRST Training Program The Toughest Fighting in the World: The Australian and American Campaign for New Guinea in World War II Basketball's Toughest Calls: Traveling, Block/Charge and Contact/Displacement

[Dmca](#)