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Grand Trail: A Magnificent Journey to the Heart of Ultrarunning and Racing

Frederic Berg

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Frederic Berg : Grand Trail: A Magnificent Journey to the Heart of Ultrarunning and Racing before purchasing it in order to gauge whether or not it would be worth my time, and all praised Grand Trail: A Magnificent Journey to the Heart of Ultrarunning and Racing:

2 of 2 people found the following review helpful. "GRAND" experienceBy RuthStunning photography, incredible runners, stunning panoramas, inspiration abounds everywhere in this wonderful coffee table book. It would make an amazing gift for anyone that loves photography and running or any combination of those...2 of 2 people found the following review helpful. My husband and I are trail runners and really loved reading this bookBy C. S.My husband and I are trail runners and really loved reading this book. The photography is beautiful but the written sections are also well done and inspiring to learn more about the range of athletes. Even more impressive was My father-in-law who has never run in his life loved reading it.1 of 1 people found the following review helpful. Must have for trail runners!By larrybbakerA beautiful look at the world of trail running and the people who have shaped its history. Astounding photos and insight into the lives of those who have made the sport what it is.

Grand Trail shares the stunning beauty and raw emotions of ultrarunning, paying tribute to the passion and splendor of the sport and lifestyle. Filled with powerful photographs and intimate stories, Grand Trail portrays ultramarathon champions and their extraordinary world. Grand Trail features the icons of ultrarunningpeople, places, and racesin spectacular color and black-and-white photography by Alexis Berg. Exploring iconic courses like Western States, Hardrock, Marathon des Sables alongside personal portraits of heroes like Kilian Jornet, Emelie Forsberg, and Scott Jurek, Grand Trail is as inspiring as it is beautiful.In its pages, Grand Trail shares the indescribable feelings that spring from running free in a wild place, alone in thought or sharing the miles with another of the tribe. The simple beauty of the task. Stunning views of the worlds most beautiful trails. Faces lined with exhaustion in gritty aid stations. The unguarded gaze of a spent runner who half hears the concerned whispers of his wife. The overwhelming emotion of the finish line after countless hours of silence. The agony that melts in the relief of the finish. The dazed bliss of

exhaustion. The sadness of a journey completed. Grand Trail offers an enchanting encounter with the people, places, and emotions that make ultrarunning special: Intimate interviews: Kilian Jornet, Emelie Forsberg, Anna Frost, Anton Krupicka, Stephanie Howe, Scott Jurek, and eight ultramarathoners from around the world. 13 iconic courses: Western States, Hardrock, Marathon de Sables, Ultra-Trail du Mont Blanc, Transgrancanaria and races in Asia, Australia, and Europe. Stirring photography: Breathtaking landscapes of the worlds most beautiful trails, moving portraits of ultrarunners, and remarkable scenes from races. Vignettes on trail running: Culture, history, training, night running, nutrition, and how the body bends to the miles.

Simply put, Grand Trail is the most inspirational and breathtaking coffee table book about running ever published. It shares the stunning beauty and raw emotions of ultrarunning, paying tribute to the passion and splendor of the sport and lifestyle while eloquently depicting 13 amazing trail races around the world and profiling 16 of the worlds top ultra-distance athletes including Kilian Jornet, Scott Jurek, and Emelie Forsberg. Competitor magazine Grand Trail offers visual proof of the beauty and harshness that runners only find when they test their limits. Mens Journal Grand Trail features incredible pictures and stories from ultramarathon and trail runnings greatest: Anton, Kilian, Jurek, and more. Its truly the most beautiful trail running book I've ever owned. Ultrarunnerpodcast Grand Trail combines profiles of elite ultrarunners with stunning photography from the most famous ultra courses in the world. Highly recommended Grand Trail is the type of book you can flip through over and over again without losing your sense of awe and appreciation. Ultrarunning magazine Grand Trail is the first book that brought me to understand running less by the end of it than when I started. Which is to say, Grand Trail is the first book on running that expresses what it feels like to actually put one foot ahead of the other, and run. Jenn Shelton, ultrarunner Grand Trail, with its stunning visuals and well-chosen descriptions, will enable your family and guests to murmur at long last, I get it. American Trail Running Association An enjoyable global tour of the ultra-trail scene in words and impressive pictures A great reference for future destination races to put on your bucket list, and its an easy way to show your non-trail runner friends why it is you do what you do. Canadian Running magazine Youve never seen ultrarunning like this before. Two brothers published a book stuffed with photos of the passion, suffering, and victory that make up ultrarunning. Trail Run Project A gorgeous coffee table book The quality of writing matches the stunning images Flipping through a few pages at a time each night is an experience to savor. The Runners Trip An amazing, engaging journey Heart-wrenching and simultaneously heart-warming. Its raw. Its beautiful. The photography alone is worth the purchase price An incredible photographic masterpiece Put it on your list of must read running books. Running on Happy Absolutely breathtaking photographs. These pictures capture not only the gorgeous scenery awaiting racers who toe the start line, but exhibit the pure and visceral emotions felt by those who tackle these challenging courses. Run Oregon From the Back Cover Grand Trail shares the stunning beauty and raw emotions of ultrarunning, paying tribute to the passion and splendor of the sport and lifestyle. Filled with powerful photographs and intimate stories, Grand Trail portrays ultramarathon champions and their extraordinary world: 13 iconic courses including Western States, Hardrock, and Marathon des Sables Intimate interviews Kilian Jornet, Emelie Forsberg, and Scott Jurek Chapters on training, nutrition, and more Grand Trail is as inspiring as it is beautiful. About the Author Frederic Berg is a reporter. As a trail runner, his performances include finishing two legendary trail races, the Diagonale des Fous (three times) and the Ultra-Trail du Mont Blanc (once), plus a dozen other ultramarathons. Alexis Berg is a journalist and a professional photographer focused on trail running. He was the official photographer of the 2015 Ultra-Trail World Tour, travelling around the world to photograph the people, scenery, and race action. His work has been published in a dozen magazines including National Geographic and UltraRunning magazine as well as by iRunFar and Strava.