

(Download free ebook) Running Beyond: Epic Ultra, Trail and Skyrunning Races

## Running Beyond: Epic Ultra, Trail and Skyrunning Races

*Ian Corless*

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#383117 in Books 2016-11-03 2016-11-03Original language:EnglishPDF # 1 11.75 x 1.00 x 10.251, .0 #File Name: 1781315256240 pages | File size: 26.Mb

**Ian Corless : Running Beyond: Epic Ultra, Trail and Skyrunning Races** before purchasing it in order to gage whether or not it would be worth my time, and all praised Running Beyond: Epic Ultra, Trail and Skyrunning Races:

1 of 1 people found the following review helpful. Beautiful and inspiring book for those that love the outdoors.By MB24I'm biased because I love listening to the author's Podcast, Talk Ultra, but this book is great in that the pictures are stunning and the descriptions of the race and commentary from the runners make me want to lace up and go train for more mountain adventures. As Ian described in an interview, this book is great as a coffee table book but I think if you are a trail runner, it goes much deeper than that.1 of 1 people found the following review helpful. I highly recommend this bookBy RuthFor anyone that loves to run, that loves stunning scenery and edgy photography, I highly recommend this book. I found myself wanting to run all of these amazing ultras but at least I can imagine what they are like, from the context of both the photography and the written word from various awesome ultra runners.0 of 0 people found the following review helpful. Five StarsBy CustomerThis book has added a few races to my bucket list.

Well narrated and a pleasure to view.

Whether the adventure occurs on the twisting trails of the worlds mountain peaks, in the intense heat of desert sands or the gritty demands of rocky paths, running far and running hard is all about the journey. The sport of ultra pushes the legs, heart and lungs through some of the worlds most incredible locations, testing both body and mind to the limit. Ian Corless has travelled across the globe to document the stunning beauty and incredible routes of some of the worlds most iconic ultra trails. From a hard, technical route through the Grand Canyon to the snow-capped peaks of Italys Dolomites, the physicality and intensity of the sport are brought to life through this stunning collection of photographs. Exclusive interviews with the legends of the sport including Kilian Jornet, Emelie Forsberg and Anton Krupicka describe the technical challenges and emotional experiences of running to these extreme heights and endurance distances. With maps and profiles for each race, and filled with striking and evocative images capturing the action and drama of the races and the men and women who run them Running Beyond is a beautiful homage to the sport of ultra. It is an inspiration for anyone who has ever dreamed of running beyond on the worlds most beautiful and testing races.