



Running Through the Wall: Personal Encounters with the Ultramarathon

Neal Jamison

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Running to the limits of human -endurance.

For those who are not content to run merely 26.2 miles, there is ultramarathoning. Some of the biggest ultras are 50 or 100 miles long, races in which people run all day, through the night and on into the next day. What makes them tick? What thoughts go through their minds at mile 93? How is the pain different from that of a marathon? How can you train for such a colossal undertaking? All these questions are answered in 35 interviews with ultramarathoners. Ultramarathoning is the logical next step for those who burn with a desire to achieve and explore their limits. Every kind of ultra runner is included here, and this book will be an indispensable volume for anyone dreaming of running long.

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