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17 quotes from Run Gently Out There: Trials, Trails, and Tribulations of Running Ultramarathons: ' A rainy day is the perfect time for a walk in the woods...

John Morelock (Author of Run Gently Out There)

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Run Gently Out There: Trials, trails, and tribulations of ...
I just finished reading Run Gently Out There: trials, trails, and tribulations of running ultramarathons. Since I started reading it, the Ultra Running Facebook group has recommended it over and over for any ultra wanna-be that needs inspiration or help getting to the starting line of an ultra.

Amazon.com: Customer reviews: Run Gently Out There: Trials ...
Run Gently Out There: Trials, Trails, and Tribulations of Running Ultramarathons by John Morelock . Ah, the book that single-handedly killed my love of running. Just kidding. I ' m being a bit dramatic, but in a running book my bar is reasonably low: Does this book make me want to run? If the answer is no, then it isn ' t a great running book.

Run Gently Out There: Trials, trails, and tribulations of ...
It was two years ago this week that ultrarunning lost one of its great ones. John Morelock, author of the 2013 book Run Gently Out

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There: Trials, Trails, and Tribulations of Running Ultramarathons, passed away on February 5, 2017. He was 74. A talented runner and writer for over three decades, John inspired a generation of ultrarunners with his monthly column which ran for six years in ...

Run Gently Out There | Running with pauses...

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Run Gently Out There: Trials, Trails, and Tribulations of ... If you sometimes went out after sunset for a run because you saw a cloudless sky and you wanted to run under a visible night sky, parts of this book will be for you. If you need to be out there where

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running with pauses continues to be just as important as the occasional run with the stopwatch on, then Run Gently Out There is for you.

Run Gently Out There Trials

Run Gently Out There: Trials, trails, and tribulations of running ultramarathons [John Morelock] on Amazon.com. *FREE* shipping on qualifying offers. If on leaving a trailhead, you only glance at your watch to have an idea of when you need to be back

Running Gently Out There: Remembering John Morelock ...

It wasn't my body, it was my mind that was tired. The pause at the lake took away the day's fixation on being tired by reminding me that we are to see while out here—not just pass through. ”
John Morelock, Run Gently Out There: Trials, trails, and tribulations of running ultramarathons

Run Gently Out There Quotes by John Morelock

They are large, medium, or small. They live in trees or in burrows. They are beautiful in the silence of their movement. Yes, an owl seen on a run could cause a pause that would pique the curiosity that would lead to buying a book not related to running. No rhyme nor reason. It certainly wasn't women... ————Run gently out there———

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