

## EAT AND RUN FRIEDMAN STEVE JUREK SCOTT%0A

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09.04.2012 When celebrated runner Jurek, assisted by journalist Steve Friedman, begins his road to wellness and triumph in his book, he speaks candidly about the tortuous toll put on the human body by ultra-runners, namely cramps, black toenails, chaffing, and dehydration.

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In Eat & Run, Scott opens up about his life and career as an elite athlete and a vegan and inspires runners at every level. From his Midwestern childhood of hunting, fishing,

and cooking for his meat-and-potatoes family, to his early beginnings in running (he hated it), to his slow transition to ultrarunning and veganism, to his

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SCOTT JUREK is a world-renowned ultramarathon champion who trains and races on a vegan diet. He has appeared in two New York Times bestsellers, *Born to Run* and *The 4-Hour Body*.

**Eat and Run: My Unlikely Journey to Ultramarathon**

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For nearly two decades, Scott Jurek has been a dominant force and darling in the grueling and growing sport of ultrarunning. Until recently he held the American 24-hour record and he was one of the elite runners profiled in the runaway bestseller *Born to Run*. In *Eat and Run*, Jurek opens up about