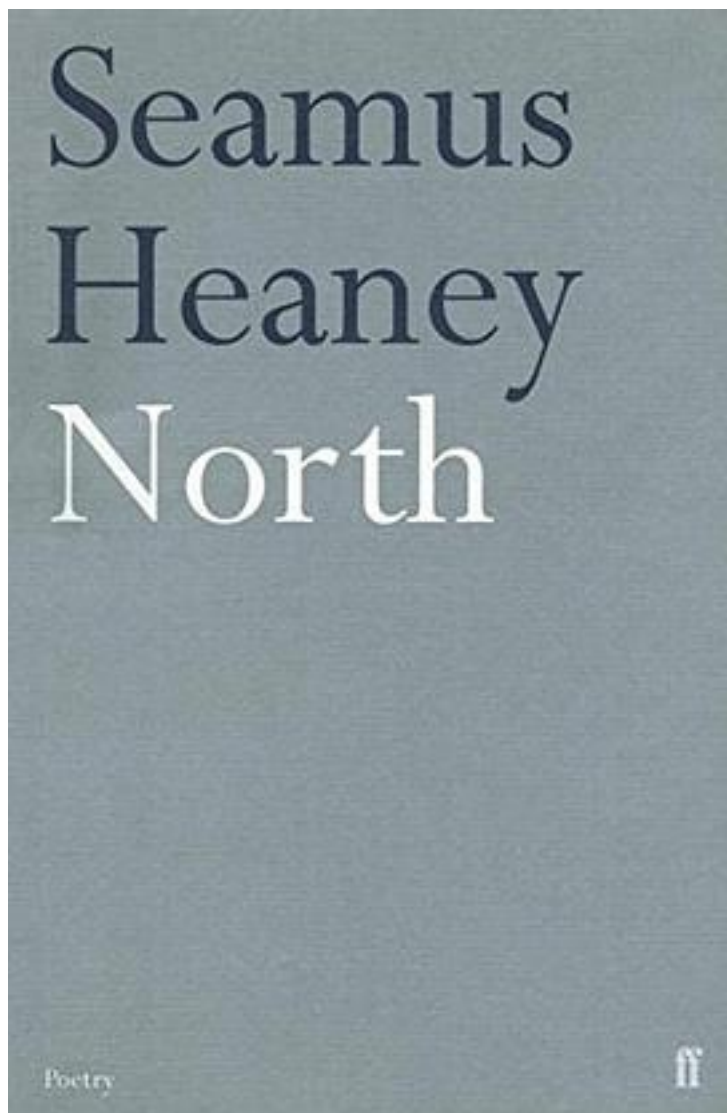


North



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著者:Scott Jurek

出版者:Little, Brown and Company

出版时间:2018-4-10

装帧:Hardcover

isbn:9780316433792

Scott Jurek is one of the world's best known and most beloved ultrarunners. Renowned for his remarkable endurance and speed, accomplished on a vegan diet, he's finished first in nearly all of ultrarunning's elite events over the course of his career. But after two decades of racing, training, speaking, and touring, Jurek felt an urgent need to discover something new about himself. He embarked on a wholly unique challenge, one that would force him to grow as a person and as an athlete: breaking the speed record for the Appalachian Trail. North is the story of the 2,189-mile journey that nearly shattered him.

When he set out in the spring of 2015, Jurek anticipated punishing terrain, forbidding weather, and inevitable injuries. He would have to run nearly 50 miles a day, every day, for almost seven weeks. He knew he would be pushing himself to the limit, that comfort and rest would be in short supply -- but he couldn't have imagined the physical and emotional toll the trip would exact, nor the rewards it would offer.

With his wife, Jenny, friends, and the kindness of strangers supporting him, Jurek ran, hiked, and stumbled his way north, one white blaze at a time. A stunning narrative of perseverance and personal transformation, North is a portrait of a man stripped bare on the most demanding and transcendent effort of his life. It will inspire runners and non-runners alike to keep striving for their personal best.

作者介绍:

Scott Jurek, one of the greatest runners of all time, has claimed multiple victories in the historic 153-mile Spartathlon, the Hardrock Hundred, the Badwater 135-Mile Ultramarathon, and the Western States 100-Mile Endurance Run, which he won a record seven straight times, among many others. He has been named a National Geographic Adventurer of the Year and one of Sports Illustrated's Fittest 50. The New York Times bestselling author of Eat and Run and a main character in the book Born to Run, Jurek has been featured in the New York Times, CNN, USA Today, Wall Street Journal, TIME, and ESPN Magazine. A passionate vegan, he lives in the mountains of Boulder, Colorado with his wife, Jenny, and daughter, Raven.

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标签

运动

跑步

英文原版

评论

读过的最佳跑步故事类书籍，没有之一，超过几年前读过的Scott的另一本好书“Eat and run”。born to run塑造的超马网红Scott Jurek的2189英里AT纪录挑战，善良，温和，素食主义者的治愈之旅，他和太太Jlu的struggle，他在历经磨难中的思考总能触及灵魂，Jlu的穿插叙述添加了很多趣味，使整个故事更完整。超马让人深入心灵深处，进入禅定，还是像最后让人停止思考变傻。

谈论跑步的话题可以让人一下子亲近起来。Ultra-running更是凝聚力强，就像是一个cult，跑起来都是竞争对手，跑完后都是朋友/大家庭的成员。就像Jurek说的，计划中只是两个人的寻觅之旅，结果成了好友倾力相助/陌生人不吝热情、Jurek与隔着屏幕的追随者都倍受激励的旅程。其中反反复复的起伏、跌到低谷、一步步挣扎着以为可以变得更好然而并没有的几近放弃的绝望，真正感同身受。

非常赞的一本书，也可能因为看同类书籍太少所以少见多怪，但数次看得流泪满面（什么时候才能学会不要哭着嫉妒而是笑着羡慕呢？）。只有喜欢在长耐力距离运动中淬炼自己的人才能在书中找到共鸣吧。可惜的是，短期内我都不会想再去翻看这本书了。

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书评

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