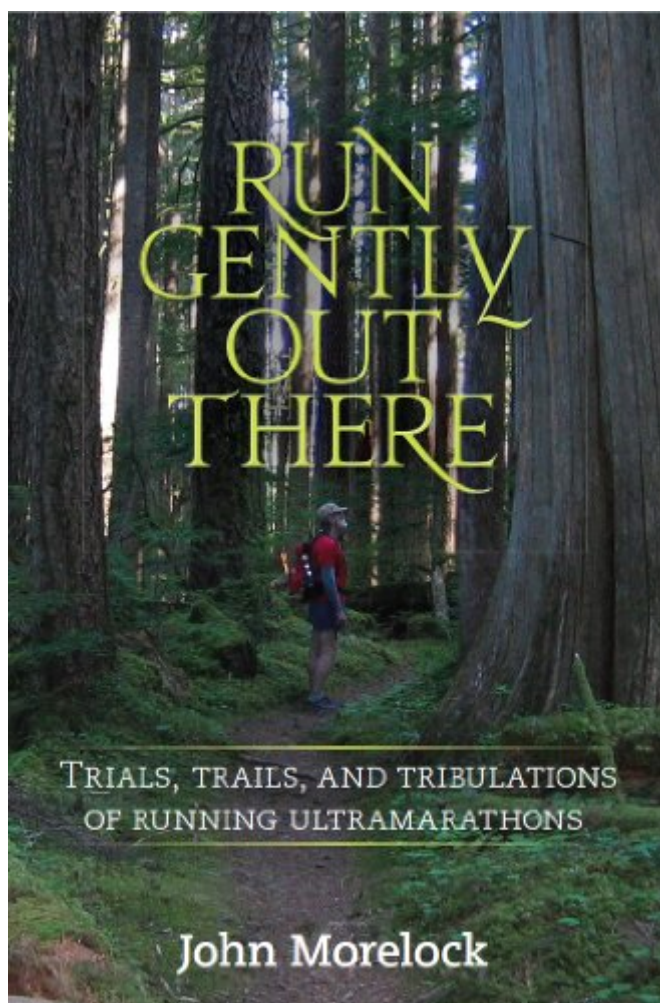


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# Run Gently Out There: Trials, Trails, And Tribulations Of Running Ultramarathons



## Synopsis

If on leaving a trailhead, you only glance at your watch to have an idea of when you need to be back, parts of this book will be for you. If when crossing a desert valley, you wonder what it is like to run in the silence and solitude way out there, parts of this book will be for you. If wading across a beaver pond during a run seemed the only logical thing to do, parts of this book will be for you. If you ever thought of running fifty miles in one day, parts of this book will be for you. 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 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. Go along with the author as he takes you on a run that is not about anyone in particular, rather it is about what makes running trails and ultramarathons become a love affair with being out there and how running becomes part of a way of living.

## Book Information

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## Customer Reviews

A wonderful story about running and being. Being present to one another, to nature and all things

Godly. A great mix of everyday losing yourself in the great outdoors. There were stories about race preparations and races, but mostly about movement and experiencing your best friend in nature everyday.

John's book is an easy read that flows like a conversation with an old friend. There are good insights contained in the story that is very much like listening to a running partner either while on the trail or sitting at a campfire after a run. Thank you John for the entertainment and sharing of knowledge.

John Morelock has written a book that is a poem dedicated to nature. He knows and appreciates birds, other critters, trees, and geology. He writes in a humorous style. He inspires us to get out there on trails and walk or run, regardless of whether we have his ultra marathon skills or ambitions. The book is also dedicated to the spirit and courage of his wife, who must be one of the toughest people to have ever run the trails. This book is pure enjoyment.

I have been a life long runner and backpacker. This book takes you with the author on his home turf trails and the joy and agony of ultra trail running. Humorous but many helpful tidbits for runners. A beautifully written book! A must read!

Not at all what I Expected. Reading this was the most relaxing book I ever read. But the insights of running, the ups and downs, are tremendous and every runner should read this.

This is a phenomenal book. The author is an intelligent, well written, likable person who is passionate and knowledgeable about trail running. This book inspires me to go running every time I pick it up. I've read it 3 times and gifted copies to friends. I highly recommend this book to anyone who enjoys running, nature, or hearing a good story.

If you're a runner, this book will speak to your heart. The author is one of us. Buy this book!

Great book! I love how descriptive and thought provoking the author was

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