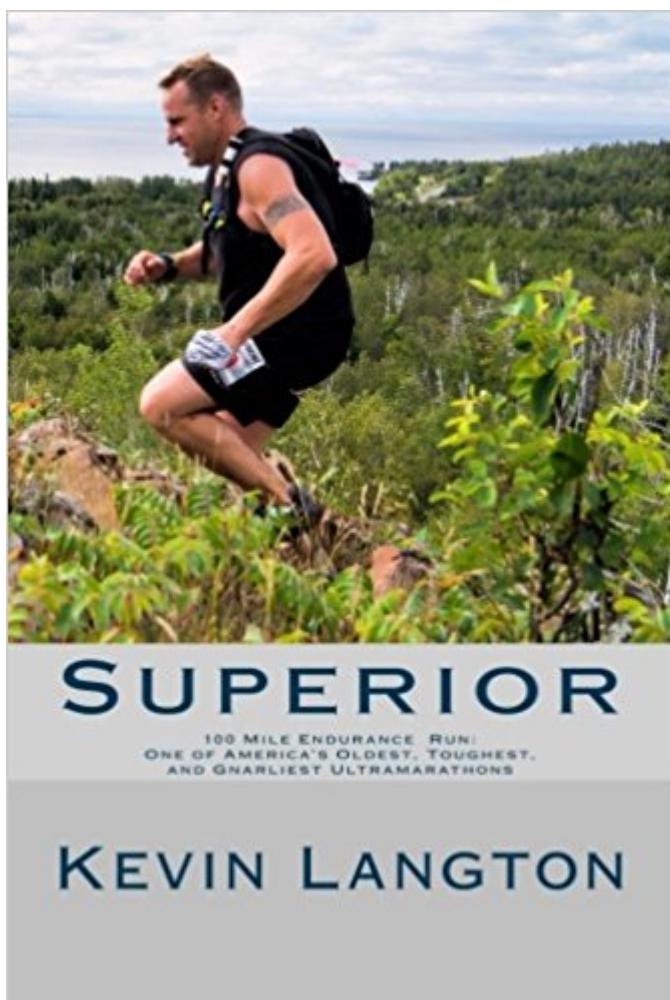


The book was found

Superior: 100 Mile Endurance Run, One Of Americaâ€™s Oldest, Toughest, And Gnarliest Ultramarathons



Synopsis

The Superior 100 is one of the most rugged, remote, and relentless 100 mile footraces out there. It's beautiful and challenging. This multi-genre book is part nonfiction novel, part history, part memoir, among other things. It follows eight runners through the race. It follows crew members, volunteers, course markers, sweepers, and the race director. It dives into race history. With lyric and memorable narrative, it captures the physical, mental, and spiritual journeys of the competitors as they run through the night, through the forests, rivers, and ridgetops of the Sawtooth Mountains of northern Minnesota.

Book Information

Paperback: 400 pages

Publisher: CreateSpace Independent Publishing Platform (August 6, 2016)

Language: English

ISBN-10: 153022862X

ISBN-13: 978-1530228621

Product Dimensions: 6 x 1 x 9 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 12 customer reviews

Best Sellers Rank: #456,487 in Books (See Top 100 in Books) #117 in Books > Sports & Outdoors > Extreme Sports

Customer Reviews

Kevin Langton is a multiple finisher of the Superior 100. He earned his MFA in writing from Minnesota State University, Mankato. He lives in Mankato, Minnesota.

Langton has a style that is similar to Jon Krakauer, who is my favorite author. It weaves the story of 8 main runners as they battle 103 miles and the elements of nature that come with it. I found myself really cheering for all of them to succeed. The book does have a couple editorial or printing challenges, so it's not perfect, yet the issues are not distracting to the story or to the reader's ability to follow it.

This book is incredibly captivating and I cannot put it down. It's about time someone gave this race the respect that it truly deserves! Whether you're a runner or not, get yourself a copy. It takes you through the epic journey of running the race from multiple perspectives without having to actually

endure the pain and suffering of the race itself. Definitely worth the read!

This book offered a great history of the race, and look at the 2014 race. Full of funny & heartfelt stories as well as great insights into what it takes to accomplish Superior.

I started reading this in the airport and didn't mind that my flight was delayed by 3 hours. I was wrapped up in each of the stories and just wanted more! Very well done.

Rugged, relentless, and remote! Phenomenal read about an amazing race by an outstanding runner. Very well done Kevin!!

Full of wonderful anecdotes.

Well written, great book!

If you love running this book is a must read. If you are an adventurer this is a must run.

[Download to continue reading...](#)

Superior: 100 Mile Endurance Run, One of America's Oldest, Toughest, and Gnarliest Ultramarathons Run Gently Out There: Trials, trails, and tribulations of running ultramarathons The Oldest Soul - Animus (The Oldest Soul Trilogy) (Volume 1) From Sea to Shining Sea: One woman's cycle trip across Canada from Mile 0 in British Columbia to Mile 0 in Newfoundland True North: Alternate and Off-Beat Destinations in and Around Duluth Superior and Shores of Lake Superior Runner's World Run Less, Run Faster: Become a Faster, Stronger Runner with the Revolutionary 3-Run-a-Week Training Program Super Mario Run: Diary of Super Mario: Super Run for coins! (Unofficial Super Mario Run Book) Rocky Mountain Splendor: A Mile by Mile Guide for Roads in Rocky Mountain National Park Taboo Mile High Menage (Futa Mile High Passion 2): (A Futa-on-Female, Menage, Stewardess, First Time Erotica) The Alaska Cruise Handbook: A Mile-by-Mile Guide 2012 edition Maui - Mile by Mile Route 28: A Mile by Mile Guide to New York's Adventure Route Guide to the Superior Hiking Trail: Linking People with Nature by Footpath Along Lake Superior's North Shore (Rev Print) Relentless Forward Progress: A Guide to Running Ultramarathons Cooking for One: 365 Recipes For One, Quick and Easy Recipes (Healthy Cooking for One, Easy Cooking for One, One Pot, One Pan) Mile Markers: The 26.2 Most Important Reasons Why Women Run Confessions of a Golfaholic: A Guide to Playing America's Top 100

Public Golf Courses The American Lineman: Honoring the Evolution and Importance of One of the Nation's Toughest, Most Admired Professions Start and Run Your Own Record Label, Third Edition: Winning Marketing Strategies for Today's Music Industry (Start & Run Your Own Record Label) Run Rachel Run: The Thrilling, True Story of a Teenâ™s Daring Escape and Heroic Survival During the Holocaust

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)