



And Then the Vulture Eats You: True Tales About Ultramarathons and Those Who Run Them

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"It won't matter whether or not you've attempted an ultra, or whether or not you even dream of one. If you enjoy running and reading, you'll want this book."—David Meyers, *Running Journal*

The best writers in the sport of running describe the last frontier of long-distance events: races longer than a marathon.

James Shapiro begins by relating with heart-rending detail his experiences in a six-day race in "Swifts on the Wing." In "To the Limit and Beyond," Kenny Moore takes you through the Great Hawaiian Footrace, a horrendous six-day ordeal that seemingly changes his life. Don Kardong, one of the wittiest and most personable writers in the sport, in "Le Grizz" goes the fifty-mile distance at the infamous race. Ed Ayres, former editor of *Running Times*, takes on the Western States 100 in "Wings of Icarus," and the event turns out to be a kind of catharsis in his life. In "Road Warriors," Hal Higdon's report on his group's attempt to run across the state of Indiana is a lighthearted, self-imposed challenge that turns into a spiritual odyssey. Tom Hart attempts to run a solo thirty-seven-miler on his thirty-seventh birthday, which reveals that an ultra is more than a feat of endurance, it is a journey into self. John L. Parker, Jr. ends with "And Then the Vulture Eats You," an uproarious analysis of ultra runners.

A book for all ultra runners, and for curious "normal" runners.

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Virginia Johnson:

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Ian Sharpless:

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