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By Andy Milroy

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<http://www.xnrg.co.uk/training.aspx>

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A History explores the rich heritage of ultradistance running North American Ultrarunning: A History Andy Milroy is a world authority on Ultra

<http://www.bol.com/nl/p/north-american-ultrarunning-a-history/9200000033794976/>

UltraRunning Magazine - Official Site -

First Time Ultra Runners; Health and Nutrition; Interviews; the historical and legendary Kit Carson was a great ultramarathon runner. and have a good training

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Great Messengers of the Past | Running Times -

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