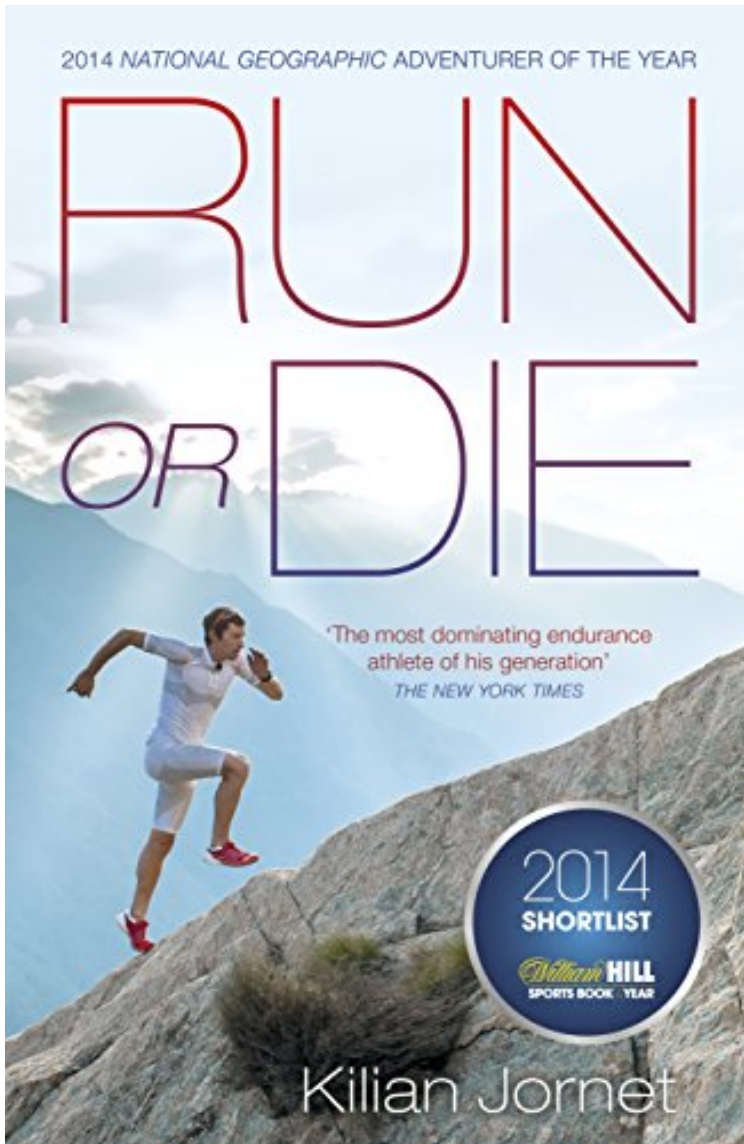


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Run or Die: The Inspirational Memoir of the World's Greatest Ultra-Runner



Par Kilian Jornet

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Prsentation de l'diteurRun or Die by Kilian Jornet - the autobiography of the world's most dominating athlete in ultra runningShortlisted for the 2014 William Hill Sports Book of the Year AwardNational Geographic Adventurer of the Year 2014Marca Legend Award 2014 'This man can run 100 miles. Up and down mountains. Without stopping. After skipping breakfast. Meet Kilian Jornet, the world's greatest ultra-runner' The TimesAt 18 months he went on his first hike. At 3, he climbed his first mountain. At 10, he entered his first mountain race. At 26, he plans to run up Everest - without an oxygen mask.Kilian Jornet has conquered

some of the toughest physical tests on the planet. He has run up and down Mt. Kilimanjaro faster than any other human being, and struck down world records in every challenge that has been proposed - all before the age of 25. Dominating ultra marathons and races at altitude, he has redefined what is possible in running, astonishing competitors with his near-superhuman fitness and ability. In *Run or Die* Kilian shares his passion, inviting readers into a fascinating world rich with the beauty of rugged trails and mountain vistas, the pulse-pounding drama of racing, and an intense love for sport and the landscapes that surround him. In turns inspiring, insightful, candid, and deeply personal, this is a book written from the heart of the world's greatest endurance runner, for whom life presents one simple choice: Run. Or die. This is the next must-have read for those who enjoyed the endurance books *Born to Run* by Christopher McDougall and *Ultramarathon Man* by Dean Karnazes. 'Fascinating insight into the gruelling world of the ultimate ultra-runner' *Daily Mail* Kilian Jornet is a world champion ultra-runner, climber and ski mountaineer (a combination of skiing and mountaineering). He was voted the prestigious 'Adventurer of the Year 2014' award by National Geographic magazine, in honour of his latest project to break speed records up and down the world's 7 tallest mountains. The 4-year-project finishes with a running attempt up Everest in 2016. *Revue de presse* Fascinating insight into the gruelling world of the ultimate ultra-runner . . . It's impossible not to be inspired by Jornet's feats ... at his sheer dedication and talent to remain at the pinnacle of what must arguably be sport's most challenging discipline (*Daily Mail*) *Présentation de l'auteur* *Run or Die* by Kilian Jornet - the autobiography of the world's most dominating athlete in ultra running Shortlisted for the 2014 William Hill Sports Book of the Year Award National Geographic Adventurer of the Year 2014 Marca Legend Award 2014 'This man can run 100 miles. Up and down mountains. Without stopping. After skipping breakfast. Meet Kilian Jornet, the world's greatest ultra-runner' *The Times* At 18 months he went on his first hike. At 3, he climbed his first mountain. At 10, he entered his first mountain race. At 26, he plans to run up Everest - without an oxygen mask. Kilian Jornet has conquered some of the toughest physical tests on the planet. He has run up and down Mt. Kilimanjaro faster than any other human being, and struck down world records in every challenge that has been proposed - all before the age of 25. Dominating ultra marathons and races at altitude, he has redefined what is possible in running, astonishing competitors with his near-superhuman fitness and ability. In *Run or Die* Kilian shares his passion, inviting readers into a fascinating world rich with the beauty of rugged trails and mountain vistas, the pulse-pounding drama of racing, and an intense love for sport and the landscapes that surround him. In turns inspiring, insightful, candid, and deeply personal, this is a book written from the heart of the world's greatest endurance runner, for whom life presents one simple choice: Run. Or die. This is the next must-have read for those who enjoyed the endurance books *Born to Run* by Christopher McDougall and *Ultramarathon Man* by Dean Karnazes. 'Fascinating insight into the gruelling world of the ultimate ultra-runner' *Daily Mail* Kilian Jornet is a world champion ultra-runner, climber and ski mountaineer (a combination of skiing and mountaineering). He was voted the prestigious 'Adventurer of the Year 2014' award by National Geographic magazine, in honour of his latest project to break speed records up and down the world's 7 tallest mountains. The 4-year-project finishes with a running attempt up Everest in 2016.