

"Pure suspense, adventure, and inspiration."
—Christopher McKeegan, author of *Run to Run* and *Marathon Run Heroes*

THE *NEW YORK TIMES* BESTSELLER BY THE AUTHOR OF
EAT AND RUN

NORTH

*Finding My Way While Running
the Appalachian Trail*

SCOTT JUREK

with Jenny Jurek



Scott Jurek

North: Finding My Way While Running the Appalachian Trail



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From the author of the bestseller *Eat and Run*, an exciting new memoir about his grueling, exhilarating, and immensely inspiring 46-day set you back break the speed record for the Appalachian Trail. Renowned for his amazing endurance and speed, accomplished on a vegan diet, he's finished initial in almost all of ultrarunning's elite events over the course of his career. Scott Jurek is among the world's best known & most beloved ultrarunners. He knew he would be pushing himself to the limit, that comfort and rest would be an issue -- but he couldn't possess imagined the physical and psychological toll the trip would precise, nor the rewards it would give. He embarked on a wholly unique challenge, one which would drive him to grow as a person and as an athlete: breaking the swiftness record for the Appalachian Trail. North is the story of the 2 2,189-mile journey that nearly shattered him. When he set out in the springtime of 2015, Jurek anticipated punishing terrain, forbidding weather, and inevitable injuries. He would have to run nearly 50 miles a day, each day, for almost seven weeks. But after two decades of racing, training, speaking, and touring, Jurek felt an urgent need to discover something new about himself. With his wife, Jenny, friends, and the kindness of strangers supporting him, Jurek ran, hiked, and stumbled his way north, one white blaze at a time. It'll inspire runners and non-runners as well to keep striving for their personal best. A stunning narrative of perseverance and personal transformation, North is a portrait of a guy stripped bare on the most challenging and transcendent work of his life.



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North - Such an amazing publication by Scott and Jenny Jurek North -
Such an amazing book by Scott and Jenny Jurek. My hat is normally off to
Scott, this quickly deserves to be known as his greatest achievement yet
(both in literary and stamina realms)., vegan, use nicknames, & Thank
you for sharing your journey with most of us. This tale shows how human
he's. unmoved. I couldn't wait for the book to turn out and it certainly
didn't disappoint. If you are looking for a dosage of inspiration, this
book is some serious medicine. Awesome! So many great takeaways and
lessons from this book! I was gripped right away. Sorry I see all the
reviews that are positive but there's truth in the criticism aswell.
Interesting and exciting. I have read the majority of ultra-endurance
books on the market on Amazon. Jurek's 1st book, but experienced that it
remaining me seeking for the raw details of his struggles during
particular races. I enjoyed Mr. it's a straightforward read. Yet
somehow, it appeared impersonal or maybe immature ((not Scott himself,
however the book (Eat & Fantastic read. JLu is certainly hard to
comprehend for an ageing male who's missing higher frequencies :-)
Great, captivating read I love this book. Wonderful reading! I was
riveted by the rawness of the story, and intrigued by how different the
writing style and content was from Mr. Through the whole trip, Scott and
Jenni told the story of the individual spirit. I'm guessing the lack of
poor reviews is basically because no one wants to hurt the authors'
emotions or finances as they look like good people. Regrettably, that is
my least preferred book about the AT & Thank you for sharing your ups
and downs, highs and lows, grit and tenacity to check out your dream! An
intimate look at an incredible achievement Scott Jurek is an inspiration
ad constantly, but his wife is the glue that keeps this whole reserve
(and trip) together. I've only admiration for them both after reading
the story of how. Scott acquired always appeared like a superman. We
followed Scott and Jenny on social press in 2015, when he was tackling
the In.. Despite my similarities to the authors, e. were willing to
share some of their experience. That is awesome, as well worth your time
should you have any curiosity in might be found. LDR. Wonderful
storytelling Great book by Scott and Jenny Ought to be required reading
for all thru-hikers/runners Excellent read for both devotees of the AT
and runners alike. I caught up with him in Duncannon, PA, and snapped
this selfie away from home. Highly recommend! it seemed like there was
less material as the reserve proceeded - had been the chapters becoming
smaller and smaller towards the finish? This reserve opened a window
into his personal life and struggle, and I experienced like I was with
him through the amazing test of endurance posed by the AT record
attempt. I gave 2 celebrities b/c the authors required time & Great
detail, but not too much. Many thanks for not giving up and walking it
in. It held me interested and offered me a good spark of inspiration to
accomplish something great. The authors found slightly ignorant &
narcissistic which surprised me as Scott in-person & his previous book

don't come across like that. I came across JLu crass but was still pleased to hear a different angle. Fantastic read, very vivid imagery. He offered some awesome training suggestions, packed the book filled with vegan quality recipes, and detailed a few of his greatest achievements. Not bad/Not great Easy read and fairly entertaining if you're an enthusiast of Scott or the In. The continuous references to him becoming vegan and the last 25% of the publication being anticlimactic provides it a 3. Best to read it It is an excellent publication.. I knew he had placed the record but I couldn't observe how it was likely to happen!g. I began listening to the audio edition and I'm happy I had an opportunity to get a read on the personalities that method. Nonetheless it was just too gradual going. But this reserve is on a totally different wavelength. I have an eternal love, I came across hearing about it a little annoying in all honesty. Absolutely loved this book Absolutely loved this book. Scott's AT tale and what result in it are interesting and his wife, Jenny, has her own unique perspective that makes for a wonderful account of their journey on the AT and in lifestyle together. Highly recommend. I'll donate the reserve to the library since a lot of people loved it & Run) as a whole)). I'm buying my mom her own copy instead of sharing hahaha Great Book Great book written from the perspective of Scott Jurek and his wife Jenny. Must read Another amazing book by Scott Jurek although the best part was the addition of Jenny's perspective during their AT adventure. This book is crucial for every target audience. The Jureks are truly an amazing and inspiring couple/family members. Awesome account of the AT Brought me back to fond memories of the In and was interesting to observe how the ups and downs of a thru operate would go. I didn't learn anything & Amazing journey story! Loved this book! Jurek's first reserve. I was gripped right away, and looked forwards to every evening after work so I could keep reading. Throughout the book, the tension built properly to a surface finish that left me full of tear-filled emotion. Scott shows the need for not quitting on yourself and in addition how critical it is to surround yourself with other people who will inform it for you straight. I cannot wait to talk about it with my sons. I don't feel just like the authors talked about anything in depth departing me bored & Even anyone who has never hiked or run a mile will end up being influenced by the sacrifice, the stamina, and sheer will of the writer. Great browse. Entertaining, inspiring! Be cautious when you read this book! It'll make you want to get out and have an adventure of your own.



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