



Run Gently Out There: Trials, trails, and tribulations of running ultramarathons

John Morelock

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If on leaving a trailhead, you only glance at your watch to have an idea of when you need to be back, parts of this book will be for you.

If when crossing a desert valley, you wonder what it is like to run in the silence and solitude way out there, parts of this book will be for you.

If wading across a beaver pond during a run seemed the only logical thing to do, parts of this book will be for you.

If you ever thought of running fifty miles in one day, parts of this book will be for you.

If you sometimes went out after sunset for a run because you saw a cloudless sky and you wanted to run under a visible night sky, parts of this book will be for you.

If you need to be out there where running with pauses continues to be just as important as the occasional run with the stopwatch on, then *Run Gently Out There* is for you.

Go along with the author as he takes you on a run that is not about anyone in particular, rather it is about what makes running trails and ultramarathons become a love affair with being out there and how running becomes part of a way of living.

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