

Ultra

Ian Pickup

Finding Ultra Rich Roll,2012 Finding Ultra recounts Roll's remarkable journey from an overweight 40-year-old to the starting line of the elite 320-mile Ultraman competition in a beautifully written portrait of what willpower can accomplish.

Running Your First Ultra: Customizable Training Plans for Your First 50K to 100-Mile Race Krissy Moehl,2022-03-08
Updated and expanded new edition An Updated, Interactive Guide to Take Your Running to the Next Level With 20 years of running and competing around the world under her belt, Krissy Moehl is a top female ultramarathon runner, respected by her peers and an inspiration to runners everywhere. With enhanced chapter information, quotes from pillars in the sport and her updated training plans—including write-in running logs to keep track of progress—you'll be able to train for your first ultra like a pro. Moehl's experience translates into the most effective and easy-to-follow training method, broken down into phases to help all runners take it to the next level and accomplish their goals. She will guide you on everything from choosing the right race for you to injury prevention and picking the right gear. She also shares her love of the sport by providing helpful tips, bonus content and personal stories. With this book, you will find all the resources and encouragement you need to succeed in challenging your mind and body with an ultramarathon!

Ultra Matt Blake,2016-04-26 Geek. Wuss. Superhero...They were supposed to be the perfect creation: super-powered humans with extraordinary abilities, designed to keep the planet safe in dangerous times. Heroes.But too many of those creations went rogue. The Heroes were branded ULTRAs by the government, hunted down. Civil wars erupted. In the end, the ULTRAs were wiped from existence, consigned to the history books.Until now...Kyle Peters is a teenager going nowhere. He's a geek, he's awful at sports, and he doesn't have the courage to tell the girl of his dreams how he feels. His life is at a standstill, and it doesn't look like changing any time soon.But when Kyle is caught up in a terrifying hostage situation at a soccer stadium, he discovers he is capable of amazing things: he has the abilities of an ULTRA.Now, with a rival ULTRA devastating the planet, and the government keen to wipe all ULTRAs from existence once more, Kyle must battle his own fears and master his powers if he is to become what the world needs more than anything: a true Hero.But Kyle fast learns that becoming a Hero is way more difficult than it seems in the stories...ULTRA: The Last Hero is a gripping, fast-paced superhero/urban fantasy story, and the first in a series. With loveable characters, nail-biting action and adventure, and thrilling twists and turns, ULTRA is sure to delight all fans of the genre.

Ultra Tobias Jones,2019-09-19 Winner of the Daily Telegraph Football Book of the Year Ultras are often compared to punks, Hell's Angels, hooligans or the South American Barras Bravas. But in truth, they are a thoroughly Italian phenomenon... From the author of The Dark Heart of Italy, Blood on the Altar and A Place of Refuge. Italy's ultras are the most organised and violent fans in European football. Many groups have evolved into criminal gangs, involved in ticket-touting, drug-dealing and murder. A cross between the Hell's Angels and hooligans, they're often the foot-soldiers of the Mafia and have been instrumental in the rise of the far-right. But the purist ultras say that they are are insurgents fighting against a police state and modern football. Only amongst the ultras, they say, can you find belonging, community and a sacred concept of sport. They champion not just their teams, they say, but their forgotten suburbs and the dispossessed. Through the prism of the ultras, Jones crafts a compelling investigation into Italian society and its favourite sport. He writes about not just the ultras of some of Italy's biggest clubs - Juventus, Torino, Lazio, Roma and Genoa - but also about its lesser-known ones from Cosenza and Catania. He examines the sinister side of football fandom, with its violence and political extremism, but also admires the passion, wit, solidarity and style of a fascinating and contradictory subculture.

Undead Ultra Camille Picott,2016-03-26 Undead: a reanimated corpse with a craving for human flesh. Ultramarathon: any footrace longer than a traditional marathon (26.2 miles). For ultrarunners Kate and Frederico, a typical Saturday morning is spent pounding out a twenty- to thirty-mile fun run. It's during one of their runs that an insidious illness descends upon northern California, turning humans into flesh-shredding zombies. When Kate receives a desperate call from her son, Carter, she and Frederico flee their hometown and set out to help him. The only problem? Carter attends college over two hundred miles away and the freeways-clogged with car wrecks, zombies, and government blockades-are impassable. Running back roads and railroad tracks becomes their only means of travel, but neither of them has ever run so far before. As pain, injuries, hunger, and fatigue plague them, getting to Carter and staying alive seem impossible. It's either outrun the undead or become one of them, and for Kate, death is not an option.

Extreme Ultra Running Virginia Loh-Hagan,2016-01-01 Extreme Ultra Running presents the thrills and spills of this intriguing extreme sport. The carefully written, considerate text will hold the readers' interest and allow for successful mastery and comprehension. Written with a high interest level to appeal to a more mature audience, these books maintain a lower level of complexity with clear visuals to help struggling readers along. A table of contents, glossary with simplified pronunciations, and index all enhance achievement and comprehension.

Ultra Michele Graglia,2021-05-31 Michele Graglia left Italy for Miami in 2007 to expand the family business. Caught in a thunderstorm, he ducked into a Johnny Rockets, got scouted by a renowned agent, and walked out a professional model. An elite modeling career brought expensive cars, penthouses, parties, and celebrities, but his accidental American Dream was never his own. Feeling the emptiness of a shallow, dark lifestyle, Michele set out for adventure and fulfillment, finding it in the unlikely place-a book about ultramarathon running. Within a few short years, his passion and dedication for ultrarunning placed him among the top endurance athletes in the world. Running hundreds of miles in the extremes of the frozen Yukon and the scorching heat of Death Valley, he pushed his body and mind beyond every limit imaginable. Ultra is not about winning. It's not about running. It's a means to return to Nature and a journey to find your purpose, giving your all on the quest for your best self.

Semper Plus Ultra Marion Laura Pelton Guild,1906

Ultra David Carroll,2013-09 A young ultra-marathon runner is pushed to the breaking point and beyond in this gripping tale of physical endurance and emotional healing. Quinn has been called a superhero and a freak of nature. At age 13, he's an amazing distance runner. He takes on the second-hardest challenge of his life when he enters his first ultramarathon: a grueling 100-mile, 24-hour-long race that will push him to the very limit of his endurance. While Quinn struggles to go on -- up a mountain and through the night, as his muscles break down and he begins to hallucinate -- we learn why the ultra-marathon is only the second hardest thing he has endured in his young life. And maybe this devastating event from his past is exactly what Quinn has been running from . . . Framed as an interview with a media commentator after Quinn's newsmaking finish, this remarkable debut novel from ultra-marathon runner David Carroll reminds us that when we dare to challenge what is possible, the word impossible loses its meaning.

The Ultra Violets Sophie Bell,2013-03-05 A smart superhero book for girls with plenty of glitter--perfect for fans of The Powerpuff Girls. It all started with the mysterious purple goo . . . What happens when four best friends find themselves splattered with a bubbling, genetically altering substance during a seemingly innocent sleepover in a secret, see-through, high-tech, futuristic lab? They develop superpowers, that's what! Iris, Cheri, Scarlet, and Opaline are destined to become . . . THE ULTRA VIOLETS IRIS: Visionary, artist, leader—the glitter glue that holds the group together! CHERI: A girly girl on platform rollerskates who's never met a rescue puppy or a nail polish she didn't immediately-and-madly love. SCARLET: Short enough that you won't see her sneaking up behind you. Freckled enough that you might mistake her for innocent. But look out! OPALINE: Loveable, huggable, supershy, sweet as pie . . . or is she? THE FUCHSIA IS NOW!

Ultra Bowl I. J. Weinstock,2014-11-12 An NFL team rescues the future from the tyranny of technology. ULTRA BOWL is an adventure fable about the dangers of our Digital Age and the dystopian future toward which we may be heading. Flying home from the

Super Bowl, the New York Knights are time-napped-transported 100 years into the future, where the global balance-of-power is decided in a football game played by robots. The Knights have been drafted to play for the United States in the Ultra Bowl, unaware that they are expendable pawns in a brilliant technocrat's diabolical plot to rule the world. Despite the insurmountable odds, the Knights embark on this suicide mission for the heart of a beautiful woman, the soul of a young boy and the humanity of an entire world. In this epic struggle between man & machine, a football team from the past valiantly attempts to rescue the future from the tyranny of technology.

The Ultra Secret. (1974). (3. Impr.) ,1974
Hal Koerner's Field Guide to Ultrarunning Hal Koerner,2014-08-01 Ultramarathons don't leave much room for mistakes. Don't learn the hard way: get a jump on training for an ultramarathon with Hal Koerner's Field Guide to Ultrarunning, a comprehensive handbook to running 30 to 100 miles and beyond, written by one of the most experienced and recognized athletes in the sport. Hal Koerner is among America's best ultrarunners with podium results in more than 90 ultramarathons. In his smart, down-to-earth handbook, Koerner shares hard-earned wisdom, field-tested habits, and insider tips to help you prepare for your ultra. You'll find guidance on exactly what you need to know to prepare for ultramarathon, including: best gear for ultrarunning fueling and hydration guidelines choosing an ultra trail-running technique first-aid advice beating altitude, storms, and heat race-day game plans crew and pacer tips mental strategies to get you to the finish line The guide offers three detailed training plans to prepare for 50K, 50-mile to 100K, and 100-mile ultramarathons. Start your ultra with confidence and finish it strong with Hal Koerner's Field Guide to Ultrarunning!

Ultra Three D Book W. Mark,1994-09
Finding Ultra, Revised and Updated Edition Rich Roll,2012-05-22 An incredible but true account of achieving one of the most awe-inspiring midlife physical transformations ever On the night before he was to turn forty, Rich Roll experienced a chilling glimpse of his future. Nearly fifty pounds overweight and unable to climb the stairs without stopping, he could see where his current sedentary life was taking him—and he woke up. Plunging into a new routine that prioritized a plant-based lifestyle and daily training, Rich morphed—in a matter of mere months—from out of shape, mid-life couch potato to endurance machine. Finding Ultra recounts Rich's remarkable journey to the starting line of the elite Ultraman competition, which pits the world's fittest humans in a 320-mile ordeal of swimming, biking, and running. And following that test, Rich conquered an even greater one: the EPIC5—five Ironman-distance triathlons, each on a different Hawaiian island, all completed in less than a week. In the years since Finding Ultra was published, Rich has become one of the world's most recognized advocates of plant-based living. In this newly revised and updated edition, he shares the practices, tools, and techniques he uses for optimal performance, longevity, and wellness, including diet and nutrition protocols. Rich reflects on the steps he took to shift his mindset and leverage deep reservoirs of untapped potential to achieve success beyond his wildest imagination, urging each of us to embark on our own journey of self-discovery.

Running Your First Ultra Krissy Moehl,2015-12 Top female ultramarathon runner Moehl will become your guide to completing a 50k, 50-mile or 100-mile race. Her experience translates into the most effective and easy-to-follow training method, broken down into phases to help all runners take it to the next level.
Ultra Maniac, Vol. 4 Wataru Yoshizumi,2012-05-21 Unfortunately, Nina is finding out that going to school on Earth is a lot more complicated than she first thought. Not everybody is glad to have a spunky (and cute) witch flitting about campus. A girl named Sayaka, for example, has recently become obsessed with Nina. A half-witch herself, Sayaka is jealous that her new classmate is stealing all the attention away from her. Like they say in the Magic Kingdom, There's no fury like that of a teenage witch ignored! -- VIZ Media

An Introduction to Muscle Powered Ultra-light Gas Blimps Robert J. Rechts,1998-11-01 Explains the design and construction of ultra-light lifting-gas blimps.
The Ultra Violets #3 Sophie Bell,2014-03-25 A smart superhero book for girls with plenty of glitter—perfect for fans of The Powerpuff Girls It all started with the mysterious purple goo . . . What happens when four best friends find themselves splattered with a bubbling, genetically altering substance during a seemingly innocent sleepover in a secret, see-through, high-tech, futuristic lab? The develop superpowers, that's what! Iris, Cheri, Scarlet, and maybe Opaline have become . . . THE ULTRA VIOLETS After a close encounter with Opaline's pugnacious perfume at her baddie birthday party in book 2, the Ultra Violets realize they have a lot of cleaning up to do. When IRIS lets her purple flag fly, the UVs decide to reveal their true colors to Sync City. CHERI is pleased with the applause, but after a little mathematical deduction, she knows the peace won't last long. BeauTek and the mutants are scheming up something sinister in the Mall of No Returns. And then SCARLET overhears the Black Swans whispering about a mysterious BeauTekification plan and decides to do a little investigating, dropkick style. Just as the skies are starting to look particularly stormy, OPAL asks to be an Ultra Violet again. Can the girls trust their previously evil friend? In this exciting third book, the Ultra Violets must team up to save SyncCity from the smelly Joan River—and kick some evil mutant BeauTek butt! Dorks are done and . . . the fuchsia is now!

The Ultra Mindset Travis Macy,John Hanc,2015-04-14 How to apply an endurance athlete's gritty, perseverant, and positive mental strategies cultivate a winning mindset and achieve success in work, family, athletics, and beyond

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