

## Boulder ultrarunner Scott Jurek on cusp of Appalachian Trail speed ... - Boulder Daily Camera

Escrito por kathadin: Google Noticias  
Sábado, 11 de Julio de 2015 16:51

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Boulder ultrarunner Scott Jurek on cusp of Appalachian Trail speed ...Boulder Daily Camera... in the 80's, clocked 45 days Georgia to Maine. I took the slack-packing schedule, 176 days from Springer to Kathadin. I stopped off a lot to hang with locals I met or just lazed along. Speed records seem to be the opposite of what the experience ...y más »

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