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# Running Beyond: Epic Ultra, Trail And Skyrunning Races



## Synopsis

Whether the adventure occurs on the twisting trails of the world's mountain peaks, in the intense heat of desert sands or the gritty demands of rocky paths, running far and running hard is all about the journey. The sport of ultra pushes the legs, heart and lungs through some of the world's most incredible locations, testing both body and mind to the limit. Ian Corless has travelled across the globe to document the stunning beauty and incredible routes of some of the world's most iconic ultra trails. From a hard, technical route through the Grand Canyon to the snow-capped peaks of Italy's Dolomites, the physicality and intensity of the sport are brought to life through this stunning collection of photographs. Exclusive interviews with the legends of the sport – including Kilian Jornet, Emelie Forsberg and Anton Krupicka – describe the technical challenges and emotional experiences of running to these extreme heights and endurance distances. With maps and profiles for each race, and filled with striking and evocative images capturing the action and drama of the races – and the men and women who run them – *Running Beyond* is a beautiful homage to the sport of ultra. It is an inspiration for anyone who has ever dreamed of running beyond on the world's most beautiful and testing races.

## Book Information

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Sports > Track & Field #345 in Books > Health, Fitness & Dieting > Exercise & Fitness > Running

& Jogging

## Customer Reviews

"It couldn't be a better person than Ian to write about all these races. It's a pleasure to read and to find inspiration for new races and experiences." - Emelie Forsberg, Skyrunnerr World Series' Champion  
"Running Beyond" is a must have for any trail runner, outdoor enthusiast or

simply anyone who wants to see what real skyrunning is all about. If these images don't get you on the trails, I don't know what will!" - Stevie Kremer, 2013 Skyrunner World Series Champion "a wonderfully informative, visually inspiring, immerse-yourself-for-hours coffee-table book." - Run Ultra

Ian Corless is a photographer, writer, reviewer and blogger at [iancorless.com](http://iancorless.com). Ian is currently travelling the world capturing stories from some of the most iconic ultras on the planet. In addition, Ian is creative director and host of an ultra running podcast called Talk Ultra. It covers ultra running throughout the world bringing news, reviews and interviews. [iancorless.com](http://iancorless.com) [talkultra.com](http://talkultra.com)

I'm biased because I love listening to the author's Podcast, Talk Ultra, but this book is great in that the pictures are stunning and the descriptions of the race and commentary from the runners make me want to lace up and go train for more mountain adventures. As Ian described in an interview, this book is great as a coffee table book but I think if you are a trail runner, it goes much deeper than that.

For anyone that loves to run, that loves stunning scenery and edgy photography, I highly recommend this book. I found myself wanting to run all of these amazing ultras but at least I can imagine what they are like, from the context of both the photography and the written word from various awesome ultra runners.

This book has added a few races to my bucket list. Well narrated and a pleasure to view.

Great images and run descriptions

The book meets my expectations

Beautiful high quality photographs that highlight the essence of skyrunning ! Makes people want to go back to run in the mountains.

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