

Training Essentials For Ultrarunning

Javelina Jundred Triolo, Nicholas Javelina Jundred is a 100 mile (160 km) ultramarathon held by Aravaipa Running at McDowell Mountain Regional Park in Fountain Hills, Arizona. The race is named for the javelina. Founded in 2002, it is one of the most popular ultramarathons in the United States, with over 850 runners as of 2023. ISBN 9798985094800. Koop, Jason; Rutberg, Jim; Malcolm, Corrine (2021).). 2023-11-04. Training Essentials for Ultrarunning (2 ed. 436-437. pp. The course also hosts shorter distances including a 100 kilometres (62 mi) and a 31 kilometres (19 mi) race 9a2291833c

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International Skyrunning Federation It has been replaced by the International Skyrunning Federation. and altitude. [14] The major factor which differentiates The International Skyrunning Federation (ISF) is the world governing body for skyrunning. The ISF today counts 41 Member nations. The Federation of Sports at Altitude (FSA) used to be the organization which governed and managed the sports of skyrunning. [13] Skyrunning is also of a shorter duration compared to ultrarunning, sometimes shorter than a half marathon 9a2291833c

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