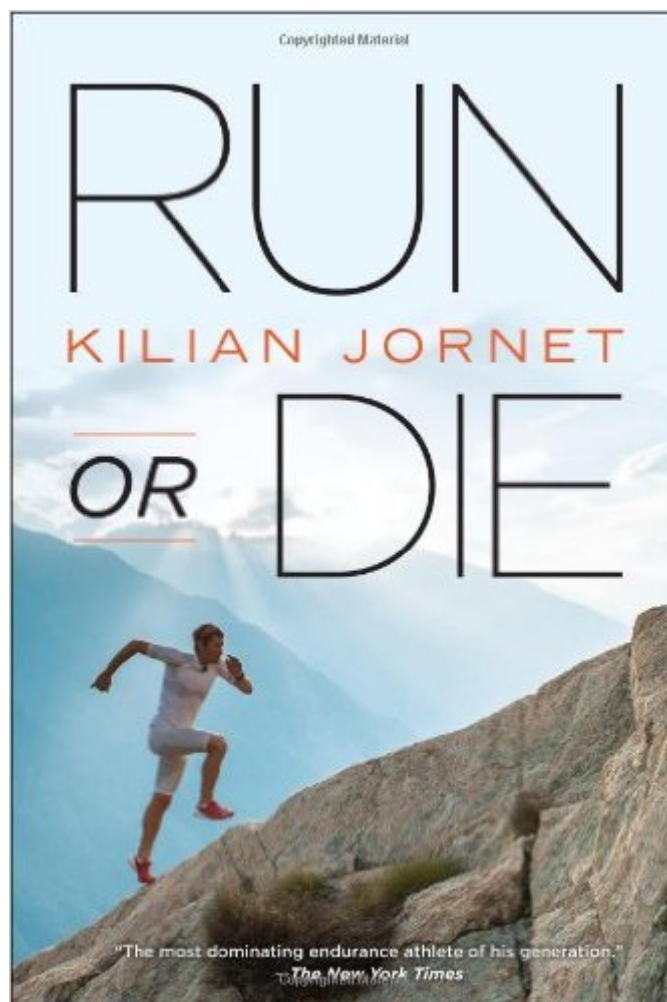


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# Run Or Die



## Synopsis

Shortlisted for the 2014 William Hill Sports Book of the Year Award National Geographic Adventurer of the Year 2014 "The most dominating endurance athlete of his generation." -- The New York Times An exceptional athlete. A dominating force. An extraordinary person. Kilian Jornet has conquered some of the toughest physical tests on the planet. He has run up and down Mt. Kilimanjaro faster than any other human being, and struck down world records in every challenge that has been proposed, all before the age of 25. Redefining what is possible, Jornet continually pushes the limits of human ability, astonishing competitors with his near-superhuman fitness and ability. Born and raised at 6,000 feet above sea level in the Spanish Pyrenees, Jornet climbed an 11,000 foot mountain -- the highest mountain in the region -- at age 5. Now Jornet adores the mountains with the same ferocity with which he runs them. In *Run or Die* he shares his passion, inviting readers into a fascinating world rich with the beauty of rugged trails and mountain vistas, the pulse-pounding drama of racing, and an intense love for sport and the landscapes that surround him. In his book, Jornet describes his record-breaking runs at Lake Tahoe, Western States 100, Ultra-Trail du Mont-Blanc, and Mount Kilimanjaro--the first of his ambitious Summits of My Life project in which Jornet will attempt to break records climbing the highest peaks on each continent. In turns inspiring, insightful, candid, and deeply personal, this is a book written from the heart of the world's greatest endurance runner, for whom life presents one simple choice: Run. Or die. "Trail running's first true breakout star, [Jornet] has yet to find a record he can't shatter." -- *Runner's World*

## Book Information

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Average Customer Review: 3.8 out of 5 stars [See all reviews](#) (141 customer reviews)

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## Customer Reviews

At the 2010 Western States 100, Spanish phenom Kilian Jornet ran with the leaders of the race until virtually collapsing in the last 20 to 30 miles, eventually finishing third. Unbreakable, a documentary about that race, showed Jornet struggling at an aid station about 20 miles from the finish and, hours later, crossing the finish line, but it left a gap in between. What happened to Jornet during those last long hours on the course? How was he able to pull himself together and ultimately push the pace to more than 10 miles per hour in the final stretch to hold onto third place? In Run or Die, Jornet's autobiography, which has just been released in the U.S., Jornet provides a first-person account of the many races and adventures that have made him famous, including the 2010 Western States. Many of these have been documented in Unbreakable and the online video series Kilian's Quest, such as his FKT on the Tahoe Rim Trail, the eight-day crossing of the Pyrenees, and his run up and down Mount Kilimanjaro. But while fans of ultrarunning may already be familiar with these stories, they have not yet had a glimpse into his mind as he conquers competitor after competitor, peak after peak. The book reads much like an extended race report or journal entry, as it weaves fast-paced running narratives with Jornet's reflections about life, family, the environment, and even love. When looking at his accomplishments, it can be easy to forget that Jornet is only 25 years old, but the tenderness of his writing provides a reminder. He writes, for example, of his first love. The relationship ended, at least in part, because of his girlfriend's sense that Jornet cared too much about competition and winning and not enough about running or hiking for joy.

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