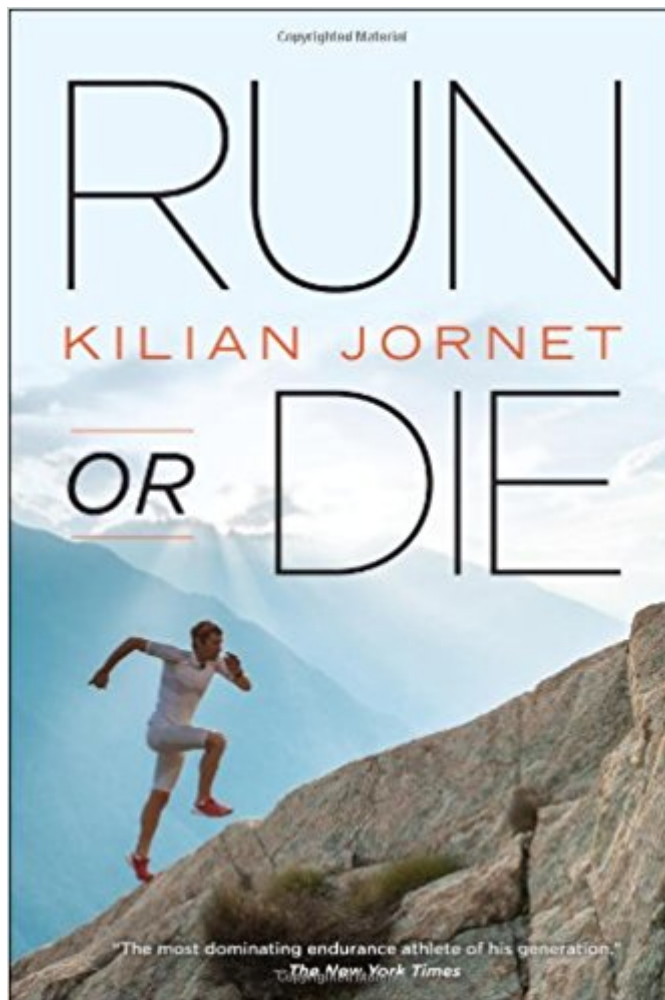




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# Run Or Die



## 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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## Customer Reviews

"The most dominating endurance athlete of his generation." - New York Times "Trail running's first true breakout star...[Jornet] has yet to find a record he can't shatter." - Runner's World "Rarely has a top-of-the-world athlete offered such candor, honesty and wisdom while still in his or her prime as Kilian Jornet does in Run or Die...His time in the mountains has made him a wise old soul and a great storyteller...An intriguing read." - Competitor magazine "Kilian Jornet is the world's best." - Outside "An engaging read...Kilian is...the best mountain runner of any distance from one vertical kilometer to 100 miles, having won most every big race and set fastest known times on the biggest of peaks around the world." - Running Times "We are brought into the heart and soul of who many consider the fastest ultrarunner to hit this planet. The story is raw. It is rough, and it is emotional. [The casual runner] may not feel the pain, the anguish, the push and pull of the emotions, but I can guarantee the mountaineer, adventurer, ultrarunner, or long distance athlete who ponders what sport and adventure truly mean to them will appreciate and take in what it means to be Kilian Jornet." - Active.com "Jornet unspools a dream-like narrative of his thoughts on running in present-tense storytelling that brings the reader along on such romps as an eight-day crossing of the Pyrenees, a 165-km passage of the Tahoe Rim Trail, and a couple of record-breaking mountain climbs...Readers hungering to find meaning in their own running experiences will find poetry to savor here." - Canadian Running magazine "Jornet also proves his ability as a talented writer and budding philosopher, effectively describing each scene with honesty and moving self-realizations. Readers will not only be able to visualize the beautifully painted mountain scenes, but will find themselves drawn into his adventures; tasting the mountain air and seeing the glint of first light with Kilian as their guide." - TriEdge.com "For us mortals in the loneliness of a long run when every muscle just wants to lay down on the grass perhaps it is best to ask, 'What would Kilian do?' and run another mile." - ForeWord Reviews "An inside story on some of the seemingly superhuman accomplishments of the best endurance mountain runner in the world." - Triathlon Magazine Canada

RUN OR DIE "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 fans with his near-superhuman fitness and ability. Jornet adores the mountains with the same ferocity with which he runs them. In "RUN OR DIE" he shares that

passion, inviting readers into a fascinating world rich with the beauty of rugged trails and mountain vistas, the pulse-pounding drama of racing, and a fierce love for sport and the landscapes through which he runs. 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. Kilian Jornet Burgada is a world champion ultrarunner and ski mountaineer. The 25-year-old Spaniard was born and raised in the Catalan Pyrenees, and trains in Chamonix, France, when he is not racing around the globe. "Trail running's first true breakout star...[Jornet] has yet to find a record he can't shatter." -- "Runner's World"

This book is memoir by arguably the top ultra-runner of his generation. If your looking for time splits, tips on interval training, how to run hills then keep looking, this ain't that book. This is about a person who approaches races as "journeys" and who basically is so talented he invents challenges for himself...like running around the rim of Lake Tahoe in one shot or if he can across a pyrennes mountain range in 7 days. I think the big take away is that it's not what place you come in but the journey. For example, There is an entire chapter devoted him breaking the fastest ascent and descent of mt. Kilimanjaro and the reader never finds what the old record was and by how much did he beat it by. The one thing the book does is give the reader an idea of the amount of suffering takes place as he is accomplishing these feats. one assumes that people with genetic disposition to run don't suffer during a race or "journey" but you would wrong. My opinion the best chapter is about how he overcome all his misery to win the 2012 western states in a sprint. the guy is about 24 or 25 and it kind of shows. I admire his outlook on running...creating art through exhaustion. the book is not going to be a roadmap to how you can be a better runner but it does give you insight to what true passion for running is about.

I've become deeply involved in ultra running over the past year and have read +15 books about it. Killian's Run or Die is down on the list as one of my least favorites. It's extremely artsy and wordy, describing in deep detail his experience he has while running. I was actually hoping the book would be like this, but its very sporadic and jumps around from his early childhood to his FKT attempts. He is an amazing runner and I am always impressed by his videos on YouTube, but as a writer he didn't win the race. I recommend it only to the very involved ultra runner, as it does bring in some interesting experiences and questions we ultra runners all have. If this is one of your first running books you've picked up, put it back on the shelf for a later day. Worth reading but not if you are trying to get into the sport.

Kilian is an amazing runner and I look up to his abilities, focus and hard work, but this book falls flat. It's a collection of his thoughts on some of his races and journey's, but it does not read like other running stories. It drags on, one story after another of a prodigy who is backed by a large team and sponsor. I usually can finish a book in a week or so (especially one of this length), but I found myself uninterested and forcefully picking up just so I could finish. There was no excitement for what would come next.

Kilian Jornet is, arguably, the world's greatest ultramarathoner. But he is not, at least at this point in his life, as gifted a writer as he is a runner. In a short 180 pages, Jornet gives the reader a sense of why he runs but if you are looking for an explanation of how he runs --- the nutrition, training, rest, etc. --- then you'll be disappointed. What you do learn, though, is that running, skiing, and connecting with nature are at the core of his being. In the chapter about his record-setting run of the Tahoe Rim Trail he and his pacer get lost and have to back-track but rather than lash out or sink into depression, Jornet remarks, "more miles, more smiles!" For him, it seems, it is all about the miles.

Despite the language barrier, Kilian does a great job of putting you in the driver seat for some of his toughest runs. Ultra runners will find great inspiration and value in Kilian's mental game as he pushes through the last third of his races. Recommended for - Fans of Kilian's Quest on YouTube - Ultra Runners with an "embrace the pain" mentality - Those who enjoyed the action scenes of "Born to Run", "Eat & Run"

I found the book a bit monotonous (to borrow a word Jornet uses throughout the book). He describes most of the adventures the same way: started with a lot of energy, ran out, nearly collapsed, wasn't going to take failure as an option, found energy, won. Or so I assume he wins! He didn't mention the year of Western States OR THE OUTCOME! Also, the translation was done poorly. It's a mix of American English, British English, and something else. The good news though is Jornet is in his 20s and will have plenty of adventures for a second book! Looking forward to it.

I think something must be lost in translation, it is an interesting look at Kilian's running and skiing through his eyes but the translation leaves the book wordy and over describing the environment which makes it a bit of a bore to read. I can relate to his excitement, pain, ups and downs, and

grueling fatigue from long days running which is when I feel most connected but I think the native version of the book must read a lot better because the wordiness of the description of the environments left me skipping ahead a lot to get to the good stuff.

If you are a running junkie you will love this book. I found it interesting and worth the read. It is a translation from Jornet's original tongue, Catalan to English. At times there was some awkward phrasing that I found easy enough to work around. Jornet is one of the best and you learn a bit on how he thinks. Good read.

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