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Superior: 100 Mile Endurance Run, One Of America's Oldest, Toughest, And Gnarliest Ultramarathons



Synopsis

The Superior 100 is one of the most rugged, remote, and relentless 100 mile footraces out there. It's beautiful and challenging. This multi-genre book is part nonfiction novel, part history, part memoir, among other things. It follows eight runners through the race. It follows crew members, volunteers, course markers, sweepers, and the race director. It dives into race history. With lyric and memorable narrative, it captures the physical, mental, and spiritual journeys of the competitors as they run through the night, through the forests, rivers, and ridgetops of the Sawtooth Mountains of northern Minnesota.

Book Information

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Average Customer Review: 4.8 out of 5 stars 12 customer reviews

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Customer Reviews

Kevin Langton is a multiple finisher of the Superior 100. He earned his MFA in writing from Minnesota State University, Mankato. He lives in Mankato, Minnesota.

Langton has a style that is similar to Jon Krakauer, who is my favorite author. It weaves the story of 8 main runners as they battle 103 miles and the elements of nature that come with it. I found myself really cheering for all of them to succeed. The book does have a couple editorial or printing challenges, so it's not perfect, yet the issues are not distracting to the story or to the reader's ability to follow it.

This book is incredibly captivating and I cannot put it down. It's about time someone gave this race the respect that it truly deserves! Whether you're a runner or not, get yourself a copy. It takes you through the epic journey of running the race from multiple perspectives without having to actually

endure the pain and suffering of the race itself. Definitely worth the read!

This book offered a great history of the race, and look at the 2014 race. Full of funny & heartfelt stories as well as great insights into what it takes to accomplish Superior.

I started reading this in the airport and didn't mind that my flight was delayed by 3 hours. I was wrapped up in each of the stories and just wanted more! Very well done.

Rugged, relentless, and remote! Phenomenal read about an amazing race by an outstanding runner. Very well done Kevin!!

Full of wonderful anecdotes.

Well written, great book!

If you love running this book is a must read. If you are an adventurer this is a must run.

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