

Correr o morir

Run or Die



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'Kiss or kill. Kiss glory or die in the attempt. To lose is to die, to win is to feel. The struggle is what distinguishes a victory, a winner. " A one off. A hero. An extraordinary person. Kilian Jornet is the current world champion of skyrunning, one of the toughest physical challenges on the planet. He has ascended and descended Kilimanjaro faster than anyone else in the world. He has broken all the world records in every challenge he has set himself.: the Mont Blanc Ultra-Trail, the trans-Pyrenean, the circuit of Lake Tahoe... Run or die is the diary of a victor, a philosophy of life, a valuable lesson for us all.

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