



Born to Run: The Hidden Tribe, the Ultra-runners, and the Greatest Race the World Has Never Seen

By Christopher McDougall

Profile Books Ltd. Paperback. Book Condition: new. BRAND NEW, Born to Run: The Hidden Tribe, the Ultra-runners, and the Greatest Race the World Has Never Seen, Christopher McDougall, At the heart of Born to Run lies a mysterious tribe of Mexican Indians, the Tarahumara, who live quietly in canyons and are reputed to be the best distance runners in the world; in 1993, one of them, aged 57, came first in a prestigious 100-mile race wearing a toga and sandals. A small group of the world's top ultra-runners (and the awe-inspiring author) make the treacherous journey into the canyons to try to learn the tribe's secrets and then take them on over a course 50 miles long. With incredible energy and smart observation, McDougall tells this story while asking what the secrets are to being an incredible runner. Travelling to labs at Harvard, Nike, and elsewhere, he comes across an incredible cast of characters, including the woman who recently broke the world record for 100 miles and for her encore ran a 2:50 marathon in a bikini, pausing to down a beer at the 20 mile mark.



READ ONLINE
[4.27 MB]

Reviews

I actually started off reading this ebook. Indeed, it is play, nonetheless an interesting and amazing literature. Its been designed in an exceptionally basic way and is particularly only following i finished reading this book by which basically modified me, change the way i think.

-- **Otha Bogan**

The ideal ebook i ever go through. I could comprehended every thing out of this published e publication. I discovered this book from my i and dad suggested this pdf to discover.

-- **Rory Mayert**