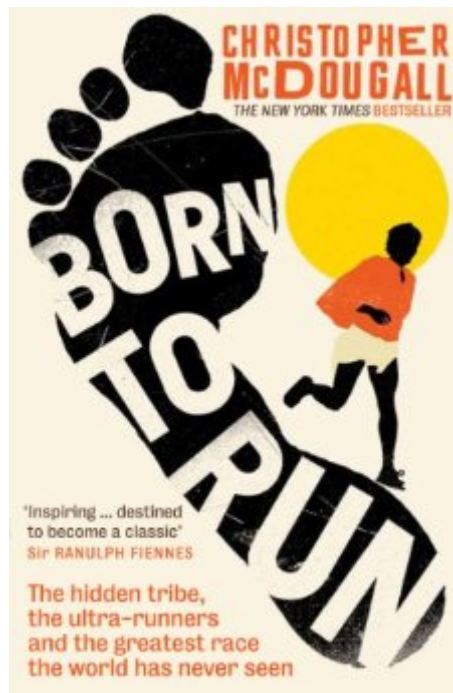


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Born To Run: The Hidden Tribe, The Ultra-runners, And The Greatest Race The World Has Never Seen



Synopsis

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.

Book Information

File Size: 1237 KB

Print Length: 308 pages

Page Numbers Source ISBN: 1861978774

Publisher: Profile Books; Main edition (December 9, 2010)

Publication Date: December 9, 2010

Language: English

ASIN: B004CFBMRY

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #50,812 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #2 in Kindle Store > Kindle eBooks > Nonfiction > Sports > Other Team Sports > Track & Field #6 in Kindle Store > Kindle eBooks > Nonfiction > Sports > Extreme Sports #16 in Books > Sports & Outdoors > Other Team Sports > Track & Field

Customer Reviews

I have to ditto other readers who said this book changed their life. And that is not hyperbole. Prior to reading this book I viewed myself as a fast short distance runner and I rarely, if ever, ran more than 3 miles at a time. I felt this was just the way things were and that I should accept it. "Born to Run"

completely changed my internal thought process about running. I was already aware of the running shoe issue. I've been slowly using Vibram Five Fingers for over a year and I've been trying to alter my gait from heel strike first to toe strike first. I found that it just takes patience and time to adapt in getting those muscles developed. McDougall is no liar - we've been screwed over by the running shoe companies. The first time I ran with the Vibram's I could barely walk for a week I was in so much pain. Now I can climb mountains in them. What changed for me after reading this book was just the simple notion that I wasn't limited by some personal flaw or lack of will. I was failing to run longer distances because both my mindset and my running style were flawed. One, we can all run farther than we think. Two, don't get obsessed over speed or time, just run at a pace that feels comfortable. Your body will tell you when you can step it up a notch. In other words, just enjoy the experience. Before I started the book my max was 3 miles with a hard push on the first two. Five weeks after reading the book I can now do 8 miles or more. I can probably do 10 or more now, but haven't pushed because I'm still working on getting those calve muscles stronger and adapted to the new running style. Don't get me wrong - I'm running slow! But wow, does it feel good. I'm enjoying running more and I feel better than ever before.

"Born to Run" is a revolutionary book containing an invaluable message that could change the way you think about running forever. Unfortunately, this message is buried within 282 pages of rambling narrative filled with improbable characters and punctuated with hyperbole on nearly every page. By the time I had reached chapter 8, I had tired of the narrative and was wishing the author would simply get to the point. Where was the great stuff about "the joy of running" that other reviewers had said they'd found in this book? Where was that eye-opening screed against Nike as the company that had single-handedly destroyed running for an entire generation of runners? So I did a little digging, and I found the two chapters that addressed these topics. They were terrific! I found a couple other good ones too, that had little or nothing to do with the narrative. Then I basically skipped the remainder of the book. As far as I'm concerned, the "must-read" chapters in this book are chapters 15, 25, 27 and 28. Chapter 15 speaks about running for the pure joy of it. The Tarahumara Indians of Mexico who make up the main characters of this book evidently are a tribe who never forgot what a joy it is simply to run! This chapter talks about where running goes wrong for most of us - how it is that something so joyful can so easily devolve into a chore or a contest, and also how it is that America lost its dominance in distance running as soon as money entered the equation. The chapter equates love of running with love of life. It is an inspiring and thought provoking read. Chapter 25 describes the devastating effect that Nike's invention of the running shoe

has had on the sport of running, dramatically escalating the rates of injury that people suffer from running.

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