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” — David Fleming, ESPN com Full of incredible characters, amazing athletic achievements, cutting-edge science, and, most of all, pure inspiration, Born to Run is an epic adventure that began with one simple question: Why does my foot hurt? In search of an answer, Christopher McDougall sets off to find a tribe of the world’s greatest distance runners and learn their secrets, and in the process shows us that everything we thought we knew about running is wrong.. Their superhuman talent is matched by uncanny health and serenity, leaving the Tarahumara immune to the diseases and strife that plague modern existence.

“I’d be surprised if there’s a better book about the sport, spirit and science of endurance running than Born to Run by Christopher McDougall.. For centuries they have practiced techniques that allow them to run hundreds of miles without rest and chase down anything from a deer to an Olympic marathoner while enjoying every mile of it.. Isolated by the most savage terrain in North America, the reclusive Tarahumara Indians of Mexico’s deadly Copper Canyons are custodians of a lost art.. With the help of Caballo Blanco, a mysterious loner who lives among the tribe, the author was able not only to uncover the secrets of the Tarahumara but also to find his own inner ultra-athlete, as he trained for the challenge of a lifetime: a fifty-mile race through the heart of Tarahumara country pitting the tribe against an odd band of Americans, including a star ultramarathoner, a beautiful young surfer, and a barefoot wonder.

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Born to Run is that rare book that will not only engage your mind but inspire your body when you realize that the secret to happiness is right at your feet, and that you, indeed all of us, were born to run. [Zoo Tycoon Ultimate Animal Collection Mac Download](#)



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“It is a beautiful story and a superb synthesis of the science It is about time that as a society we examined how it is that we have got to the point where it is considered unnatural to run.. With a sharp wit and wild exuberance, McDougall takes us from the high-tech science labs at Harvard to the sun-baked valleys and freezing peaks across North America, where ever-growing numbers of ultrarunners are pushing their bodies to the limit, and, finally, to the climactic race in the Copper Canyons. [Crash Bandicoot Ps4 Cheats](#)

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