



Born to Run: A Hidden Tribe, Superathletes, and the Greatest Race the World Has Never Seen

By Christopher McDougall

Three Rivers Press. Hardback. Book Condition: new. BRAND NEW, Born to Run: A Hidden Tribe, Superathletes, and the Greatest Race the World Has Never Seen, Christopher McDougall, 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. 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. 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. Their superhuman talent is matched by uncanny health and serenity, leaving the Tarahumara immune to the diseases and strife that plague modern existence. With the help of Caballo Blanco, a mysterious loner who lives among the tribe, the author was able not only to...



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