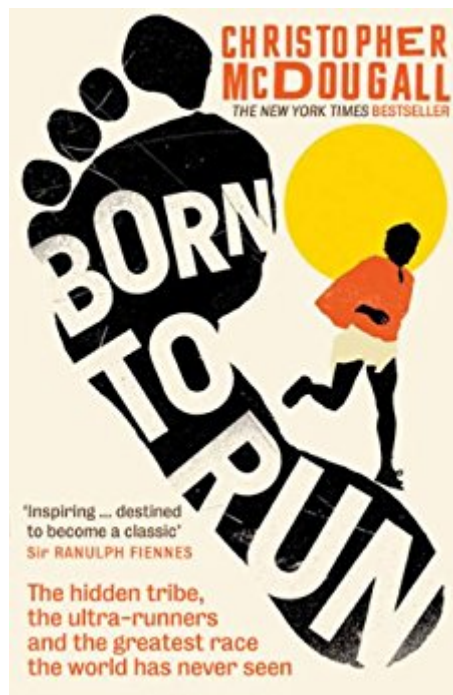




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# Born To Run: The Hidden Tribe, The Ultra-runners, And The Greatest Race The World Has Never Seen



## 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: 1268 KB

Print Length: 308 pages

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

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #57,294 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #4

in Kindle Store > Kindle eBooks > Nonfiction > Sports > Other Team Sports > Track & Field #5

in Kindle Store > Kindle eBooks > Nonfiction > Sports > Extreme Sports #16 in Books >

Sports & Outdoors > Other Team Sports > Track & Field

## Customer Reviews

"A hidden tribe, superathletes, and the greatest race the world has never seen"Thought provoking - Entertaining - Motivating - A must read for runners and non-runners alike!Once I started reading this book I could not put it down. It has been a while since I have sacrificed night time TV watching for a

book, but this one became an addiction. I devoured it in two days and was raving about it non-stop afterwards. I must admit that after reading the first few chapters I was questioning whether this was a fictional book. I am not that familiar with the ins and outs and personalities within US running circles. This coupled with high tales of the Tarahumaran Indians and a reclusive gringo gone grunge in the deadly Copper Canyons going by the name of Caballo Blanco just threw me for a six. As I eased into the story however I realized that what the author Christopher McDougall was doing was representing every character and their story. If something didn't make sense, it wasn't meant to as there more was to come and loose ends would be tied when they needed to be. He did an outstanding job of not only weaving a magnificent tale but also intertwining tidbits and findings about running science, history and anthropology. For the reader each character comes alive and you empathize and sympathize with them during their part of the journey. You also begin to question everything that you think you know about running that has been fed to you by the big brand names. Do I need stabilizing shoes to minimize injury or does the shoe in fact cause the injuries? Will running over twenty miles kill my joints or will it set me free? This book has also been the catalyst for a miracle... my husband has started to run and has been enjoying it. Now, he hasn't read the book (yet) but he has spent a few hours on and off with me discussing a lot of the pertinent issues and findings brought up in the book. I think the enthusiasm and excitement I displayed along with the gleam in my eye as I shared this tale convinced him (or at least tweaked his curiosity) that there was some sense behind running. This book has inspired me to believe that I was in fact born to run. Oh - and that I want a pair of Vibram Five Fingers (or the like) for Christmas (please Santa).

McDougall has written a classic, packed with memorable characters, an incredible journey and theories about humankind's ability to run distances and the physiological legacy of doing so. While I'm not sure he makes the convincing case for barefoot running as many seem to think the book has (he mentions it briefly and the tarahumara actually don't!), he does bring up points about form and training and most importantly, the passion of the sport, that I found helpful as a marathoner with a typically varied and long injury history. Terrific.

I liked how this turned out to be one of the best running self-help books I've ever come across and, yet, it is written as a compelling story and not at all as a self-help book. The author has a fun and captivating storytelling style and also uses his journalist skills to pop the cap on lots of important data that has long been hidden from most runners without boring you with statistics and numbers. I am already changing some things about my training because of this book and, more than anything,

it has changed my overall mindset about running and about my future with it. The tough part has actually been keeping myself from making the changes too soon because I picked up this book just a week or so before running a half marathon two days ago. I was tempted to try some things right away on raceday but held off on that because I know it's important to race the way you've trained.

This book is a game changer. All humans should read it. It was recommended to me numerous times and I had trouble finding it. I was not sure if it would be relevant to me and help me run. Not only did it help me run and dispel some stereotypical beliefs I had about running (runners are everything, they aren't) but it also answered some deeper questions about how we survived as a species. Fascinating read.

Well written, insightful and appealing story that looks inside the human legacy of endurance training and physical achievement. Our ancestry developed and cherished survival skills that we have somehow morphed into a fringe culture and idiosyncratic sport: ultrarunning as an X-sport. Better to enhance our physical gifts and reach for the extreme than to reduce our biological skill-set to decrepitude under the influence of reality TV or social media... even if it sounds remote and difficult.

This book solidified my love of running. While I will probably never win a race, let alone reach a top-10, I am still serious about running. On my rest days, I crave the fresh air, wind in my hair, and freedom I feel as my feet eat up the trail. I may never run an ultra, but the way they are spoken about, maybe one day I will! I have been around many races of different types, from half marathons to full marathons to ultras to OCR. However, I have never felt more love, respect, or admiration of the sport as Chris McDougall exuded in his writing. This is one of the books that will stay on my shelf for years to come, to be re-read, referenced, and shared with friends. Highly recommended, if you are even vaguely interested in distance running!

Amazing book. Got me back into running and living a more healthy lifestyle. There is one component that I don't understand with some of the outcomes to perceptions of the book. Barefoot running. The Tarahumara used tires beneath their feet. A thick piece of rubber come to think of it. It instilled a zero drop barefoot running style. But, they were not barefoot for the most part. So, I'm confused about the strict adherence to this running style. I love to run barefoot. I do it in soft grass and some trails often. But, I rely on zero drop minimal shoes through rocks and other areas. I'm a believer in barefoot running to instill good form. But, the Tarahumara used something beneath their feet.

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