



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

*Christopher McDougall*

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

Christopher McDougall

**The astonishing national bestseller and hugely entertaining story that completely changed the way we run.**

An epic adventure that began with one simple question: Why does my foot hurt?

Isolated by Mexico's deadly Copper Canyons, the blissful Tarahumara Indians have honed the ability to run hundreds of miles without rest or injury. In a riveting narrative, award-winning journalist and often-injured runner Christopher McDougall sets out to discover their secrets. In the process, he takes his readers from science labs at Harvard to the sun-baked valleys and freezing peaks across North America, where ever-growing numbers of ultra-runners are pushing their bodies to the limit, and, finally, to a climactic race in the Copper Canyons that pits America's best ultra-runners against the tribe. McDougall's incredible story will not only engage your mind but inspire your body when you realize that you, indeed all of us, were born to run.

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#### **William Matthews:**

Spent a free time to be fun activity to complete! A lot of people spent their down time with their family, or their friends. Usually they undertaking activity like watching television, gonna beach, or picnic from the park. They actually doing ditto every week. Do you feel it? Would you like to something different to fill your personal free time/ holiday? Could be reading a book is usually option to fill your cost-free time/ holiday. The first thing you will ask may be what kinds of publication that you should read. If you want to consider look for book, may be the reserve untitled Born to Run: A Hidden Tribe, Superathletes, and the Greatest Race the World Has Never Seen can be great book to read. May be it might be best activity to you.

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