

Bookmark File Born To Run A Hidden Tribe Superathletes And The Greatest Race World Has Never Seen Christopher Mcdougall Pdf For Free

Born to Run Born to Run **Born to Run SUMMARY - Born To Run: A Hidden Tribe, Superathletes, And The Greatest Race The World Has Never Seen By Christopher McDougall** Summary and Analysis of Born to Run: A Hidden Tribe, Superathletes, and the Greatest Race the World Has Never Seen Natural Born Heroes Tarahumara Indian Running Running with Sherman **Born to Run 2: The Ultimate Training Guide** Ultramarathon Man Unknown Mexico **Mad Bad and Dangerous to Know** Exp/Air/ROI Reissue The Running Revolution **The Best American Sports Writing 2014** Runner's World **How to Make Yourself Poop A Life Without Limits** **The Little Red Book of Running** 21.1 Running Mistakes The Cool Impossible **The New Kids** Swimming to Antarctica **Dare to Tri** **Dangerous World of Butterflies** **The Moon King** The Dead Republic Build Your Running Body **Pre Natural Born Heroes** Once a Runner The Last Season **The Survivors Club** Runner's World **Run Less, Run Faster, Revised Edition** **Mindful Ultramarathon Running: Train to Run Longer, Stronger and Faster with Less Effort** **Duel in the Sun** Marathon How to Lose a Marathon The Incomplete Book of Running **My Foot Is Too Big for the Glass Slipper** **Living with the Monks**

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The undisputed classic of running novels and one of the most beloved sports books ever published, *Once a Runner* tells the story of an athlete's dreams amid the turmoil of the 60s and the Vietnam war. Inspired by the author's experience as a collegiate champion, the novel follows Quenton Cassidy, a competitive runner at fictional Southeastern University whose lifelong dream is to run a four-minute mile. He is less than a second away when the turmoil of the Vietnam War era intrudes into the staid recesses of his school's athletic department. After he becomes involved in an athletes' protest, Cassidy is suspended from his track team. Under the tutelage of his friend and mentor, Bruce Denton, a graduate student and former Olympic gold medalist, Cassidy gives up his scholarship, his girlfriend, and possibly his future to withdraw to a monastic retreat in the countryside and begin training for the race of his life against the greatest miler in history. A rare

insider's account of the incredibly intense lives of elite distance runners, Once a Runner is an inspiring, funny, and spot-on tale of one individual's quest to become a champion. Which is the safest seat on an airplane? Where is the best place to have a heart attack? Why does religious observance add years to your life? How can birthdays be hazardous to your health? Each second of the day, someone in America faces a crisis, whether it's a car accident, violent crime, serious illness, or financial trouble. Given the inevitability of adversity, we all wonder: Who beats the odds and who surrenders? Why do some people bound back and others give up? How can I become the kind of person who survives and thrives? The fascinating, hopeful answers to these questions are found in *The Survivors Club*. In the tradition of *Freakonomics* and *The Tipping Point*, this book reveals the hidden side of survival by combining astonishing true stories, gripping scientific research, and the author's adventures inside the U.S. military's elite survival schools and the government's airplane crash evacuation course. With *The Survivors Club*, you can also discover your own Survivor IQ through a powerful Internet-based test called the Survivor Profiler. Developed exclusively for this book, the test analyzes your personality and generates a customized report on your top survivor strengths. There is no escaping life's inevitable struggles. But *The Survivors Club* can give you an edge when adversity strikes.

The story of America's greatest running legend. For five years, no American runner could beat him at any distance over a mile. But at the age of 24, with his best years still ahead, long-distance runner Steve Prefontaine finally lost. Driving alone at night after a party, Prefontaine crashed his sports car, putting a tragic, shocking end to the life and career of one of the most influential, accomplished runners of our time. More than 20 years later, Pre continues to influence the running world. From his humble origins in Coos Bay, Oregon, Pre became the first person to win four NCAA titles in one event. Year after year, he was virtually unbeatable. Instead of becoming one of the new breed of professional track athletes, Pre chose to stay amateur and fight for the adequate funding he felt American amateur athletes deserved. A man of incredible desire and energy, Pre trained relentlessly. In his drive to be the best, he spurred others to do their best. As one racer said, "He ran every race as if it were his last." But Pre not only touched runners; his exciting technique as well as his maverick lifestyle made him a favorite of the fans. A race with Prefontaine in it was automatically an event. His brief but brilliant life—documented by author Tom Jordan—is the tale of a true American hero. This is his story. "Some people create with words or with music or with a brush and paints. I like to make something beautiful when I run. I like to make people stop and say, 'I've never seen anyone run like that before.' It's more than just a race, it's style. It's doing something better than anyone else. It's being creative." —Steve Prefontaine

*The e-book edition does not include photos Eric Orton has spent a lifetime learning about running and the limitless possibilities of the human body and mind, and now he is ready to share his knowledge in a book that will open up a new world of achievement for runners everywhere. For Orton, this is a chance to instruct and inspire. For the running reader, it is a chance to make amazing new strides. *The Cool Impossible* is intended for runners and aspiring runners of all levels of ability and experience, from those contemplating their first steps, to seasoned marathoners seeking to unlock the full range of their capabilities. Starting from the feet up, Eric guides the reader through his technique for building the perfect running body. With characteristic enthusiasm and directness, Orton will draw on the inspiration of the Tarahumara Indian runners and take the reader through his devoted training programme, complete with advice on nutrition and real-world applications, as well as Orton's concept of *The Cool Impossible*, the belief that 'the greatest reward from running is the opportunity to do more', not just in running but in life in general. Includes a reading group guide (p. [311-324]). Equal parts memoir and road map to living a less stressful and more vibrant life, bestselling author Jesse Itzler offers an illuminating, entertaining, and unexpected trip for anyone looking to feel calmer

and more controlled in our crazy, hectic world. Entrepreneur, endurance athlete, and father of four Jesse Itzler only knows one speed: Full Blast. But when he felt like the world around him was getting too hectic, he didn't take a vacation or get a massage. Instead, Jesse moved into a monastery for a self-imposed time-out. In *Living with the Monks*, the follow-up to his New York Times bestselling *Living with a SEAL*, Jesse takes us on a spiritual journey like no other. Having only been exposed to monasteries on TV, Jesse arrives at the New Skete religious community in the isolated mountains of upstate New York with a shaved head and a suitcase filled with bananas. To his surprise, New Skete monks have most of their hair. They're Russian Orthodox, not Buddhist, and they're also world-renowned German shepherd breeders and authors of dog-training books that have sold in the millions. As Jesse struggles to fit in amongst the odd but lovable monks, self-doubt begins to beat like a tribal drum. Questioning his motivation to embark on this adventure and missing his family (and phone), Jesse struggles to balance his desire for inner peace with his need to check Twitter. But in the end, Jesse discovers the undeniable power of the monks and their wisdom, and the very real benefits of taking a well-deserved break as a means of self-preservation in our fast-paced world. **NATIONAL BESTSELLER** • In this extraordinary book, the world's most extraordinary distance swimmer writes about her emotional and spiritual need to swim and about the almost mystical act of swimming itself. Lynne Cox trained hard from age nine, working with an Olympic coach, swimming five to twelve miles each day in the Pacific. At age eleven, she swam even when hail made the water "like cold tapioca pudding" and was told she would one day swim the English Channel. Four years later—not yet out of high school—she broke the men's and women's world records for the Channel swim. In 1987, she swam the Bering Strait from America to the Soviet Union—a feat that, according to Gorbachev, helped diminish tensions between Russia and the United States. Lynne Cox's relationship with the water is almost mystical: she describes swimming as flying, and remembers swimming at night through flocks of flying fish the size of mockingbirds, remembers being escorted by a pod of dolphins that came to her off New Zealand. She has a photographic memory of her swims. She tells us how she conceived of, planned, and trained for each, and re-creates for us the experience of swimming (almost) unswimmable bodies of water, including her most recent astonishing one-mile swim to Antarctica in thirty-two-degree water without a wet suit. She tells us how, through training and by taking advantage of her naturally plump physique, she is able to create more heat in the water than she loses. Lynne Cox has swum the Mediterranean, the three-mile Strait of Messina, under the ancient bridges of Kunming Lake, below the old summer palace of the emperor of China in Beijing. Breaking records no longer interests her. She writes about the ways in which these swims instead became vehicles for personal goals, how she sees herself as the lone swimmer among the waves, pitting her courage against the odds, drawn to dangerous places and treacherous waters that, since ancient times, have challenged sailors in ships. Peter Sagal, the host of NPR's *Wait Wait...Don't Tell Me!* and a popular columnist for *Runner's World*, shares "commentary and reflection about running with a deeply felt personal story, this book is winning, smart, honest, and affecting. Whether you are a runner or not, it will move you" (Susan Orlean). On the verge of turning forty, Peter Sagal—brainiac Harvard grad, short bald Jew with a disposition towards heft, and a sedentary star of public radio—started running seriously. And much to his own surprise, he kept going, faster and further, running fourteen marathons and logging tens of thousands of miles on roads, sidewalks, paths, and trails all over the United States and the world, including the 2013 Boston Marathon, where he crossed the finish line moments before the bombings. In *The Incomplete Book of Running*, Sagal reflects on the trails, tracks, and routes he's traveled, from the humorous absurdity of running charity races in his underwear—in St. Louis, in February—or attempting to "quiet his colon" on runs around his neighborhood—to the experience of running as a guide to visually impaired runners, and the

triumphant post-bombing running of the Boston Marathon in 2014. With humor and humanity, Sagal also writes about the emotional experience of running, body image, the similarities between endurance sports and sadomasochism, the legacy of running as passed down from parent to child, and the odd but extraordinary bonds created between strangers and friends. The result is "a brilliant book about running... What Peter runs toward is strength, understanding, endurance, acceptance, faith, hope, and charity" (P.J. O'Rourke). Scott Douglas offers the advice he's gleaned from three decades of running, from twenty years as a running writer, and from the deep connections he's made with top runners and coaches around the country and around the world. The 250 tips offered here are the next best thing to having a personal coach or an experienced running partner. Douglas includes tips for increasing your daily, weekly, and yearly mileage; advice on increasing your speed and racing faster; useful knowledge on how to stay injury-free and be a healthy runner; and much more. The range of tips means there's something for any runner?someone looking to start running to get in shape, a competitive high school or college runner, an athlete looking to move into running, or an experienced runner looking to improve his or her time in an up-coming marathon. You have the questions: What running apparel is best? What kind of gear do you need to run in the rain or snow? How do you find time in a busy schedule to run? How can you set and achieve meaningful goals? Douglas has the answers. In a hardcover edition handsome enough to give as a gift, *The Little Red Book of Running* is more than a handbook?it's a runner's new best friend. "The best running book ever." —Bob Anderson, founder of *Runner's World* Whether you're a miler or an ultramarathoner, if you want a fit, fast, and injury-resistant running body, there's a better way to train than relentlessly pursuing mileage. This easy-to-use workout manual draws on the latest research in running physiology to target all the components that go into every stride—including muscles, connective tissue, cardiovascular fitness, energy production, the nervous system, hormones, and the brain. With the breakthrough whole-body training program in *Build Your Running Body*, runners will improve their times, run longer and more comfortably, and reduce injury. With more than 150 workouts—from weightlifting and cross-training to resistance exercises and plyometrics—fine-tuned to individual skill levels and performance goals, PLUS:

- 393 photos that make it easy to follow every step of every workout
- 10 training programs to help runners of all levels integrate the total-body plan into their daily routines
- Interviews with leading runners, exercise scientists, and coaches—learn how elite runners train today
- Race strategy for the crucial weeks leading up to the competition and through to the finish line
- Exercises to prevent injury and rehabilitate common running ailments
- Seasoned insight on barefoot running, the pros and cons of stretching, and other hot-button topics
- Nutrition guidance on carbs, proteins, fats, and weight loss
- More than 30 recipes to speed recovery and cement fitness gains
- Beginners' guidelines every step of the way
- Valuable tips on proper apparel, tracking your progress, and more!

Inhabiting the Sierra Madre Occidental of southwestern Chihuahua in Mexico, the Tarahumara (or Rarámuri) are known in their language as the "foot runners" due to the way in which they must navigate their rugged terrain. This book offers an accessible ethnography of their history, customs, and current life, accompanied by photographs that offer striking images of these gentle people. The subtitle of the book derives from the Tarahumara's belief that the soul works at night while the body sleeps and that during this "day of the moon" both the spirits of the dead and the souls of the living move about in their mysterious ways. As the authors observe, the fact that "so many men, women, and children persist in distinctive, centuries-old cultural traditions in spite of their nearness to all the complexities and attractions of modern industrial society is an important part of the story." Their book tells that story and brings readers closer to understanding the Tarahumara world and way of life. "Indian Running is an eyewitness account of the 6-day, Taos, N.M., to Second Mesa, Hopi, Ariz., 1980 Tricentennial Run commemorating the Pueblo Indian Revolt. The book describes

many Indian running traditions and includes historical photos and 1980 photos by Karl Kernberger. Anthropologist Nabokov's books include "Two Leggings: The Making of a Crow Warrior" and "Native American Testimony. NATIONAL BESTSELLER • From the bestselling author of *Born to Run* comes a book that inspires us to unleash the extraordinary potential of the human body and climb, swim, skip, throw, and jump our way to heroic feats. "Redefines the heroic ideal, establishing heroism as a skill set rather than a virtue."—NPR Books

Christopher McDougall's journey begins with a story of remarkable athletic prowess: On the treacherous mountains of Crete, a motley band of World War II Resistance fighters—an artist, a shepherd, and a poet—abducted a German commander from the heart of the Axis occupation. To understand how, McDougall retraces their steps across the island that birthed Herakles and Odysseus, and discovers ancient techniques for endurance, sustenance, and natural movement that have been preserved in unique communities around the world. His search takes us scrambling over rooftops with a Parkour crew in London, foraging for greens with a ballerina in Brooklyn, tossing heavy pieces of driftwood on a Brazilian beach with the creator of *MovNat*—and, finally, to our own backyards. "McDougall traveled to Crete to examine the physical and mental capacity of Greek war heroes [and] studied natural movement, endurance, and nutrition to understand how regular people are capable of extraordinary athletic feats.... We can all adapt the tools of the athletes featured." —Real Simple

Look for Christopher McDougall's new book, *Born to Run 2*, coming in December! From the bestselling author of *Born to Run*, a heartwarming story about training a rescue donkey to run one of the most challenging races in America, and, in the process, discovering the life-changing power of the human-animal connection. "A delight, full of heart and hijinks and humor." —John Grogan, author of *Marley & Me: Life and Love with the World's Worst Dog*

When Christopher McDougall decided to adopt a donkey in dire straits, he had no idea what he was getting himself into. But with the help of his neighbors, Chris came up with a crazy idea. Burro racing, a unique type of competition in which humans and donkeys run side by side over mountains and through streams, would be exactly the challenge Sherman and Chris needed. In the course of Sherman's training, Chris would enlist Amish running clubs, high-spirited goats, the service animal community, and two Sarah Palin-loving long-distance female truckers. Sherman's heartwarming story of overcoming all odds to run one of the most unbelievable races in America shows the healing power of movement and the strength of the human-animal connection. Look for Christopher McDougall's new book, *Born to Run 2*, coming in December! The stunning debut novel from one of genre fictions most exciting new voices. All is not well in Glassholm. Life under the moon has always been so predictable: day follows night, wax phases to wane and, after the despair of every Darkday, a person's mood soars to euphoria at Full. So it has been for five hundred years, ever since the Lunane captured the moon and tethered it to the city. Now, all that has changed. Amidst rumours of unsettling dreams and strange whispering children, society is disintegrating into unrest and violence. The very sea has turned against Glassholm and the island's luck monkeys have gone wild, distributing new fates to all and sundry. Turmoil is coming. Three people find themselves at the eye of the storm: a former policeman investigating a series of macabre murders, an outsider artist embroiled in the murky intrigues of revolution, and a renegade engineer tasked with fixing the ancient machine at the city's heart. Each must fulfil their role or see Glassholm shaken apart, while all are subject to the machinations of their inscrutable and eternal monarch, The Moon King. "Williamson's territories are the liminal experience and the murky corners of the psyche. He is a virtuoso of the fleeting glimpse, a laureate of loss." - Andrew Hedgecock, *Interzone* "Worth buying and reading, not once but many times." - Keith Brooke, *Infinity Plus* "A truly unique fantasy, *The Moon King* is a mysterious, luminous read, full of intriguing characters and featuring a twisty, page-turning plot. Beautifully

written and thoughtful. Sure to be one of the best debuts of this or any other year." - Jeff VanderMeer "A talented writer who transcends genre, and should be bought, read and cherished." - Shaun Green, Yet Another Book Review "I'm salivating at the thought of his forthcoming full novel *The Moon King*." - Charles Packer, Sci-fi Online. "Williamson is one of the best Scottish short story writers alive today." - Jim Steel The best-selling author of *Born to Run* now travels to the Mediterranean, where he discovers that the secrets of ancient Greek heroes are still alive and well on the island of Crete, and ready to be unleashed in the muscles and minds of casual athletes and aspiring heroes everywhere. After running an ultramarathon through the Copper Canyons of Mexico, Christopher McDougall finds his next great adventure on the razor-sharp mountains of Crete, where a band of Resistance fighters in World War II plotted the daring abduction of a German general from the heart of the Nazi occupation. How did a penniless artist, a young shepherd, and a playboy poet believe they could carry out such a remarkable feat of strength and endurance, smuggling the general past thousands of Nazi pursuers, with little more than their own wits and courage to guide them? McDougall makes his way to the island to find the answer and retrace their steps, experiencing firsthand the extreme physical challenges the Resistance fighters and their local allies faced. On Crete, the birthplace of the classical Greek heroism that spawned the likes of Herakles and Odysseus, McDougall discovers the tools of the hero—natural movement, extraordinary endurance, and efficient nutrition. All of these skills, McDougall learns, are still practiced in far-flung pockets throughout the world today. More than a mystery of remarkable people and cunning schemes, *Natural Born Heroes* is a fascinating investigation into the lost art of the hero, taking us from the streets of London at midnight to the beaches of Brazil at dawn, from the mountains of Colorado to McDougall's own backyard in Pennsylvania, all places where modern-day athletes are honing ancient skills so they're ready for anything. Just as *Born to Run* inspired readers to get off the treadmill, out of their shoes, and into the natural world, *Natural Born Heroes* will inspire them to leave the gym and take their fitness routine to nature—to climb, swim, skip, throw, and jump their way to their own heroic feats. The 1982 Boston Marathon was great theater: Two American runners, Alberto Salazar, a celebrated champion, and Dick Beardsley, a gutsy underdog, going at each other for just under 2 hours and 9 minutes. Neither man broke. The race merely came to a thrilling, shattering end, exacting such an enormous toll that neither man ever ran as well again. Beardsley, the most innocent of men, descended into felony drug addiction, and Salazar, the toughest of men, fell prey to depression. Exquisitely written and rich with human drama, John Brant's *Duel in the Sun* brilliantly captures the mythic character of the most thrilling American marathon ever run—and the powerful forces of fate that drove these two athletes in the years afterward. The triumphant conclusion to the trilogy that began with *A Star Called Henry* Watch for Roddy Doyle's new novel, *Smile*, coming in October of 2017 Henry Smart is back. It is 1946, and Henry has crawled into the desert of Utah's Monument Valley to die. He's stumbled onto a film set though, and ends up in Hollywood collaborating with John Ford on a script based on his life. Eventually, Henry finds himself back in Ireland, where he becomes a custodian, and meets up with a woman who may or may not be his long-lost wife. After being injured in a political bombing in Dublin, the secret of his rebel past comes out, and Henry is a national hero. Or are his troubles just beginning? Raucous, colorful, and epic, *The Dead Republic* is the magnificent final act in the life of one of Doyle's most unforgettable characters. **NATIONAL BESTSELLER**

- The astonishing 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? "Equal parts quest, physiology treatise, and running history.... The climactic race reads like a sprint.... It simply makes you want to run." —Outside Magazine

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. Look for *Born to Run 2*, coming in December! Every runner knows how important it is to prevent an unfortunate bathroom accident midrun. This book can show you how. For any runner who wants a quick, easy reference guide to every running issue under the sun, look no further. With tips on training, nutrition, gear, motivation, health, and racing, *Runner's World How to Make Yourself Poop* is essential reading for runners who want to improve their performance. From "The Best Way to Tie Your Shoes" to "9 Tactics for Busting Out of a Running Rut" and everything in between, these short, easy-to-use tips from reliable experts are the perfect gift for any runner in your life. **NATIONAL BESTSELLER** • The astonishing 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? "Equal parts quest, physiology treatise, and running history.... The climactic race reads like a sprint.... It simply makes you want to run." —*Outside Magazine*

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. Look for *Born to Run 2*, coming in December! Are you an ultramarathon runner who wants to improve your performance with a new, mindful approach? Do you want to start running ultramarathon distances but don't know if you're up to the challenge? This book will show you how it's possible! Millions of us run every day, whether it's to catch a bus, a relaxing fun run around a park or a longer distance like a 10k or marathon. Only a small few take on ultramarathon running - distances that usually start at around 50km and can be very much longer. Whether you are someone who is thinking about taking up this sport, or you are already doing it and want to add an alternative and less stressful tactic to your training regime, then this is the book you should be reading now

Inside the pages of Mindful Ultramarathon Running: Train to Run Longer, Stronger and Faster with Less Effort, you will find what you need to inspire you and develop the mindset required to run an ultramarathon distance, with chapters that examine: Developing the motivation to go all the way Preparing the mind for the task ahead Why self-discovery is a great asset Tapping into your natural powers Forming a balanced program to run longer How to run faster And more... There is no doubt that you are embarking on possibly the greatest challenge of your life when you make the decision to tackle an ultramarathon distance and a mindful approach is something that will make a huge difference to ensure you cross the finish line. You owe it to yourself to be as well prepared as you can be and with *Mindful Ultramarathon Running* you have a book that delivers that preparation for you, one step at a time! From a two-time Olympic coach and creator of the Pose Method who has trained the running elite, an essential guide for all runners seeking to go faster and farther without injury Christopher McDougall's *Born to Run*—and the wildly popular natural running trend it sparked—changed the way we think about running, but it has also prompted many questions: Have we been running the wrong way? And, have we been running in the wrong kind

of shoe? What is the safest type of foot strike? How many types are there? And what is a foot strike anyway? No existing guide has clearly addressed these concerns—until now. The Running Revolution provides both beginning and experienced runners with everything they need to know in order to safely and efficiently transition to and master a safer and more biomechanically efficient way of running that is guaranteed to improve performance and minimize wear and tear on the body. More than a one-size-fits-all guide, The Running Revolution provides readers with clear instructions, complete with helpful illustrations, that they can easily integrate into their unique running histories in order to run safely, intelligently, and efficiently for many years to come. * Our summary is short, simple and pragmatic. It allows you to have the essential ideas of a big book in less than 30 minutes. As you read this summary, you will learn that running is part of human nature and that you were born to run very long distances. You will also learn : that man is built to be able to run hundreds of miles; that you have the soul of a great runner without knowing it; that it is enough to optimize your mind to run better; that the greatest runners are motivated only by the love of running; that the sports shoes you wear are the cause of your pain. Running is probably part of your daily routine: not to miss the bus, to catch up with your child, to warm up, but also to run as a sport in its own right. You have probably already started jogging at least once in your life. How many times have you stopped in the middle, too out of breath, with a side stitch, a sprain? You'll be surprised to learn that there are men in the world who are able to run for hours without stopping! From the Tarahumara tribe to the world's greatest marathon runners, plunge into the world of the most extraordinary runners in history! *Buy now the summary of this book for the modest price of a cup of coffee! So much to read, so little time? This brief overview of Born to Run tells you what you need to know—before or after you read Christopher McDougall's book. Crafted and edited with care, Worth Books set the standard for quality and give you the tools you need to be a well-informed reader. This short summary and analysis of Born to Run by Christopher McDougall includes: Historical context Chapter-by-chapter overviews Detailed timeline of key events Important quotes Fascinating trivia Glossary of terms Supporting material to enhance your understanding of the original work About Born to Run by Christopher McDougall: Christopher McDougall's New York Times–bestselling Born to Run brought the underground sport of distance running to the forefront of American conversation, spurring trends like barefoot running and chia seeds' recognition as a superfood. Centering around two long-distance races, the second of which McDougall intends to run, the book is written in a distinctly Gonzo journalism–style. The author focuses on the Tarahumara, an ancient tribe of runners that lives isolated in Mexico's Copper Canyons, but he also pulls in plenty of other characters, past and present, and explores the biological reasons we are all born to run. The summary and analysis in this ebook are intended to complement your reading experience and bring you closer to a great work of nonfiction. Carl Lumholtz (1851-1922) was a Norwegian ethnographer and explorer who, soon after publishing an influential study of Australian Aborigines (also reissued in the Cambridge Library Collection), spent five years researching native peoples in Mexico. This two-volume work, published in 1903, describes his expeditions to remote parts of north-west Mexico, inspired by reports about indigenous peoples who lived in cliff dwellings along mountainsides. While in the US in 1890 on a lecture tour, Lumholtz was able to raise sufficient funds for the expedition. He arrived in Mexico City that summer, and after meeting the president, Porfirio Díaz, he set off with a team of scientists for the Sierra Madre del Norte mountains in the north-west of Mexico, to find the cave-dwelling Tarahumare Indians. Volume 1 covers the start of the expedition and Tarahumare life, etiquette and beliefs, as well as details of the natural history of this little-explored region. 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. 'Invaluable' - WATERSTONES BEST SPORTS BOOKS OF 2022 'Amazing, really incredibly inspiring book' Joe Wicks on Born to Run Born to Run's Chris McDougall and long-time running coach Eric Orton show us how to join the global barefoot running movement and explore the world on our own two feet. Born to Run 2: The Ultimate Training Guide teaches every runner, new or experienced, how to master humankind's first true superpower and tap into hidden reserves of strength and stamina. With chapters dedicated to the Free Seven - Food, Fitness, Form, Focus, Footwear, Fun and Family - we learn exactly how to change our biomechanics, clean up our diets, heal our injuries, adapt to healthier footwear, and prepare for our dream challenge. Packed with advice and inspiring stories from runners who have made the transition, it includes: - A rock-solid food primer on optimum diet and power-packed On the Run recipes - Techniques for running with dogs and baby buggies to help you run with the whole family - 'Perfect Form' exercises that will overhaul your stride in less than ten minutes - A 90-Day Run Free Programme, designed to give everything you need to run faster and farther, forever. Advises on how to run faster by running less, providing a variety of training programs tailored to qualifying times for the Boston Marathon and an overview of the 3PLUS2 program aimed at improving endurance. So you got the guy on the big white horse, and the beautiful little mermaids, and the picket fence, and your life isn't . . . perfect in every imaginable way? You're not alone. In 1997, Gabrielle Reece married the man of her dreams—professional surfer Laird Hamilton—in a flawless Hawaiian ceremony. Naturally, the couple filed for divorce four years later. In the end they worked it out, but not without the ups and downs, minor hiccups, and major setbacks that beset every modern family. With hilarious stories, wise insights, and concrete takeaways on topics ranging from navigating relationship issues to aging gracefully to getting smart about food, My Foot Is Too Big for the Glass Slipper is the brutally honest, wickedly funny, and deeply helpful portrait of the humor, grace, and humility it takes to survive the happily ever after. In one of his most ambitious physical efforts to date, Dean Karnazes attempted to run 50 marathons, in 50 states, in 50 days to raise awareness of youth obesity and urge Americans of all fitness levels to "take that next step." "UltraMarathon Man: 50 Marathons - 50 States - 50 Days", a Journeyfilm documentary, follows Dean's incredible step-by-step journey across the country. Ultrarunning legend Dean Karnazes has run 262 miles—the equivalent of ten marathons—without rest. He has run over mountains, across Death Valley, and to the South Pole—and is probably the first person to eat an entire pizza while running. With an insight, candor, and humor rarely seen in sports memoirs (and written without the aid of a ghostwriter or cowriter), Ultramarathon Man has inspired tens of thousands of people—nonrunners and runners alike—to push themselves beyond their comfort zones and be reminded of "what it feels like to be truly alive," says Sam Fussell, author of Muscle. Ultramarathon Man answers the questions Karnazes is continually asked: - Why do you do it? - How do you do it? - Are you insane? And in the new paperback edition, Karnazes answers the two questions he was most asked on his book tour: - What, exactly, do you eat? - How do you train to stay in such good shape? This widely praised book chronicles Peter Laufer's adventures within the butterfly industry and the butterfly underground. Laufer begins by examining the allure of butterflies throughout history, but his research soon veers into the high-stake realms of organized crime, ecological devastation,

museum collections, and chaos theory. His ever-expanding journey of discovery throughout the Americas and beyond offers a rare look into a theater of intrigue, peopled with quirky and nefarious characters—all in pursuit of these delicate, beautiful creatures. Read this book, and your garden—and the world—will never quite look the same. Destined to become a classic of adventure literature, *The Last Season* examines the extraordinary life of legendary backcountry ranger Randy Morgenson and his mysterious disappearance in California's unforgiving Sierra Nevada—mountains as perilous as they are beautiful. Eric Blehm's masterful work is a gripping detective story interwoven with the riveting biography of a complicated, original, and wholly fascinating man. Features instructions for runners of all ability levels on preparing for a marathon, including training schedules, advice on diet, defensive running strategies, and tips for staying motivated. An anthology of top-selected sports writing from the past year is culled from hundreds of national, regional, and specialty publications as well as a variety of leading sports blogs. In 2007, Chrissie Wellington shocked the triathlon world by winning the Ironman World Championships in Hawaii. As a newcomer to the sport and a complete unknown to the press, Chrissie's win shook up the sport. *A LIFE WITHOUT LIMITS* is the story of her rise to the top, a journey that has taken her around the world, from a childhood in England, to the mountains of Nepal, to the oceans of New Zealand, and the trails of Argentina, and first across the finish line. Wellington's first-hand, inspiring story includes all the incredible challenges she has faced--from anorexia to near--drowning to training with a controversial coach. But to Wellington, the drama of the sports also presents an opportunity to use sports to improve people's lives. *A LIFE WITHOUT LIMITS* reveals the heart behind Wellington's success, along with the diet, training and motivational techniques that keep her going through one of the world's most grueling events. **SHORTLISTED FOR THE TELEGRAPH SPORTS HEALTH & FITNESS BOOK OF THE YEAR AWARD 2019 RUNNING AWARDS 2019 – TOP BOOK** *Dare to Tri* is the amazing story of TV presenter Louise Minchin's journey from the BBC Breakfast sofa to representing Great Britain at the World Triathlon Championships. This is a warmly written and wonderfully honest adventure-through-sport that will both entertain and inspire. 'I didn't even know what a triathlon was before 2012... When I took up the sport three years ago I didn't imagine for a second then, that, one day, I would be able to represent my country internationally.' Louise Minchin What started out as a fun television cycling stunt culminated in BBC Breakfast's Louise Minchin wearing the colours of Great Britain at the World Triathlon Championships in her age group. This is the story of how a newly discovered sport became a passion – and then an obsession. *Dare to Tri* is Louise's candid memoir of her incredible journey, recounting her rediscovery of competitive sport after nearly 30 years and her first tentative steps as a triathlete. In a story encompassing equal measures of determination and self-doubt, Louise has to overcome personal nerves, a brutal training regime, the odd bike crash and the occasional drama. Her adventure as she strives to represent Great Britain in triathlon is an inspiration for sporting late-starters everywhere. In *How to Lose a Marathon*, Joel Cohen takes readers on a step-by-step journey from being a couch potato to being a couch potato who can finish a marathon. Through a hilarious combination of running tips, narrative, illustrations, and infographics, Cohen breaks down the misery that is forcing yourself to run. From chafing to the best times to run, explaining the phenomenon known as the “Oprah Line,” and exposing the torture that is a premarathon expo, Cohen acts as your satirical guide to every aspect of the runner’s experience. Offering both real advice and genuine commiseration with runners of all skill levels, *How to Lose a Marathon* lets you know that even if you believe that the “runner’s high” is a complete myth, you can still survive all 26.2 miles of a marathon.

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