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The Tarahumara - A Hidden Tribe of Superathletes Born to Run | Are we born to run? | Christopher McDougall

Born to Run (1977)

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~~Born To Run Summary~~
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Book 60 of 2019 ~ Born to Run ~ Christopher McDougall ~
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BORN TO RUN | Ultramarathon 2018
~~Born To Run A Hidden~~

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

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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.

~~Born to Run: The Hidden Tribe, the Ultra-Runners, and the ...~~
Born to Run: A Hidden Tribe, Superathletes, and the Greatest Race the World Has Never Seen, is a 2009 best-selling ethnography written by the American author and journalist Christopher McDougall. The book has sold over three million copies.

~~Born to Run (McDougall book) - Wikipedia~~

Christopher McDougall is an American author and journalist best known for his 2009 best-selling book Born to Run: A

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Hidden Tribe, Superathletes, and the Greatest Race the World Has Never Seen. He has also written for Esquire, The New York Times Magazine, Outside, Men's Journal, and New York, and was a contributing editor for Men's Health.

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Description Reviews About the Author More Details 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.

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~~Bruce Springsteen - Born To Run (1975, Gatefold, Hidden ...~~
□ We run when we're scared, we run when we're ecstatic, we

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run away from our problems and run around for a good time.□

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

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Christopher McDougall (born 1962) is an American author and journalist. He is best known for his 2009 book Born to Run: A Hidden Tribe, Superathletes, and the Greatest Race the World Has Never Seen. He has also written for Esquire, The New York Times Magazine, Outside, Men's Journal, and New York, and was a contributing editor for Men's Health.

~~Christopher McDougall - Wikipedia~~

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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. ▯It is a beautiful story and a superb synthesis of the science.

~~Born to Run - Christopher McDougall~~

Born to Run: A Hidden Tribe, Superathletes, and the Greatest

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Race the World Has Never Seen Paperback □ 1 January 2011
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Born to Run was a very fun book to read, and full of amazing characters, but what I loved the most were all the nuggets of interesting and useful information sandwiched into the story (i.e. studies on the value of running shoes, the superfood Chia seeds, the backgrounds of successful ultra distance runners).

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