

# [PDF] Born To Run: A Hidden Tribe, Superathletes, And The Greatest Race The World Has Never Seen

Christopher McDougall - pdf download free book



#### Books Details:

Title: Born to Run: A Hidden Tribe,

Author: Christopher McDougall

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#### Description:

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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