

BORN TO RUN
A Hidden Tribe, Superathletes, and the Greatest Race the World Has Never Seen
By Christopher McDougall

I start by saying that this is the best running book I have read since *To The Edge* by Kirk Johnson. As I have said before, a book written by a real writer, not by a runner who wants to be a writer like myself, is always so much better. Christopher McDougall paints a vivid picture of Mexico's Copper Canyon. You almost feel like you are talking to the natives yourself. He introduces us to the Tarahumara Indians and a cast of American Ultrarunners (more like a cast of characters) that will crack you up! I even grew to like Scott Jurek, though you could definitely tell the author was enamored with him. Aside from the Tarahumara, the star of this adventure is an unlikely American who has gone native the past ten years or so, Caballo Blanco. The White Horse.

The story starts with the author perplexed by a nagging injury, so he seeks out medical advice and keeps getting the same answer, "You should stop running." So he starts researching cultures that are known for running and comes upon the Tarahumara Indians, previously known as Raramuri—the Running People. He also stumbles onto stories of the almost mythical Caballo Blanco, who in the final chapter finally comes clean about who he really is. The White Horse alone kept me engrossed the whole book and then add in the race that is put on by Christopher and Caballo with the Tarahumara and the Americans, and it is a wild ride. Also thrown in is a hefty amount of scientific research on humans and way we run, which was a little taxing on me since I am a product of public school. But I endured.

I believe this book can make you rethink your training and your future goals. It has affected me greatly. If you love the trails, it will reinforce your belief in them. If you have never run trails, you will be chomping at the bit to get out there. The climax of the book is, of course, the race and it does not disappoint. You will not be able to put it down until the end. If you are anything like me you will probably go to the Internet and search for more. I recommend www.caballoblanco.com. Check it out. We may meet in Copper Canyon sometime.