

## **Born to Run**

**By Christopher McDougall**

**Review by: Robert Fernandez, 42**

**Star Teen Book Reviewer of Be the Star You Are! Charity**

**[www.bethestaryouare.org](http://www.bethestaryouare.org)**

*Born to Run*, by Christopher McDougall, is a mesmerizing look into the world of ultramarathon runners and tremendous feats they attempt to accomplish. Whether you're already an avid runner, or simply enjoy a read on the topic of endurance, this book is sure to tickle your fancy. McDougall explains both the history and science of running, along with the inexplicable endurance runs that people have achieved. It's full of fascinating stories, both his own and others, and his writing style makes it appealing to a wide audience that extends beyond runners. It's all about pushing the limits with this one.

The book primarily focuses on the Tarahumara people from Mexico's Copper Canyon, who are known for running hundreds of miles without ever tiring. They live a very interesting lifestyle that includes unique running techniques and a community focus effort on running – a stark contrast from the competitive world of sports that we're accustomed to. McDougall does a tremendous job in his storytelling, by combining his personal experiences with historical facts, making the subject matter that much more compelling.

I would recommend this book to any teenager or young adult that is looking for inspiration and motivation, or may simply have an interest in ultrarunning. The book gives the reader a deeper understanding of how the human body is actually built for long-distance running, and why many of the modern running techniques may actually be wrong. It really makes us rethink our approach to running, or what we've been taught in the past, and perhaps take on a new perspective towards fitness. Given the right mindset, techniques and endurance, it's an inspiring read that makes us wonder what we're really capable of.

### **Recommended Titles:**

Eat & Run, by Scott Jurek

The Rise of the Ultra Runners, by Adharanand Finn

Endure, by Alex Hutchinson