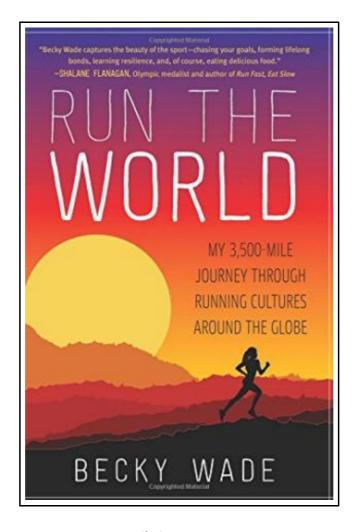
Run the World: My 3,500-Mile Journey Through Running Cultures Around the Globe



Filesize: 8.44 MB

Reviews

Excellent e-book and helpful one. it was writtern really flawlessly and helpful. You will like the way the author compose this pdf.

(Mrs. Lyda Wilkinson Sr.)

RUN THE WORLD: MY 3,500-MILE JOURNEY THROUGH RUNNING CULTURES AROUND THE GLOBE



HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. 203 x 135 mm. Language: English . Brand New Book. From elite marathoner and Olympic hopeful Becky Wade comes the story of her year-long exploration of diverse global running communities from England to Ethiopia-9 countries, 72 host families, and over 3,500 miles of running-investigating unique cultural approaches to the sport and revealing the secrets to the success of runners all over the world. Fresh off a successful collegiate running career-with multiple NCAA All-American honors and two Olympic Trials qualifying marks to her name-Becky Wade was no stranger to international competition. But after years spent safely sticking to the training methods she knew, Becky was curious about how her counterparts in other countries approached the sport to which she d dedicated over half of her life. So in 2012, as a recipient of the Watson Fellowship, she packed four pairs of running shoes, cleared her schedule for the year, and took off on a journey to infiltrate diverse running communities around the world. What she encountered far exceeded her expectations and changed her outlook into the sport she loved. Over the next twelve months-visiting 9 countries with unique and storied running histories, logging over 3,500 miles running over trails, tracks, sidewalks, and dirt roads-Becky explored the varied approaches of runners across the globe. Whether riding shotgun around the streets of London with Olympic champion sprinter Usain Bolt, climbing for an hour at daybreak to the top of Ethiopia s Mount Entoto just to start her daily run, or getting lost jogging through the bustling streets of Tokyo, Becky s unexpected adventures, keen insights, and landscape descriptions take the reader into the heartbeat of distance running around the world. Upon her return to the United States, she incorporated elements of the training...

- Read Run the World: My 3,500-Mile Journey Through Running Cultures Around the Globe Online
- Download PDF Run the World: My 3,500-Mile Journey Through Running Cultures

 Around the Globe

Related Kindle Books



Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities

HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English. Brand New Book. An international bestseller, Barbara Coloroso s groundbreaking and trusted guide on bullying-including cyberbullying-arms parents...

Save eBook »



From Kristallnacht to Israel: A Holocaust Survivor s Journey

Dog Ear Publishing, United States, 2009. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. In the 1930s, as evil begins to envelope Europe, Karl Rothstein...

Save eBook »



Hope for Autism: 10 Practical Solutions to Everyday Challenges

Seaborough Enterprises Publishing, United States, 2015. Paperback. Book Condition: New. Initial ed.. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****. Hope for Autism: 10 Practical Solutions to Everyday...

Save eBook »



Electronic Dreams: How 1980s Britain Learned to Love the Computer

Audible Studios on Brilliance, United States, 2016. CD-Audio. Book Condition: New. Unabridged. 170 x 135 mm. Language: English. Brand New. Remember the ZX Spectrum? Ever have a go at programming with its stretchy rubber...

Save eBook »



History of the Town of Sutton Massachusetts from 1704 to 1876

Createspace, United States, 2015. Paperback. Book Condition: New. annotated edition. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. This version of the History of the Town of Sutton Massachusetts...

Save eBook »