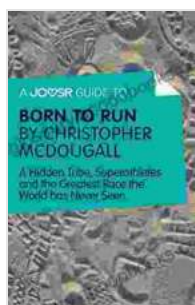


# Unleash the Unseen: Discover the Hidden Tribe Superathletes and the Greatest Race the World Has Never Seen



## A Joosr Guide to... Born to Run by Christopher McDougall: A Hidden Tribe, Superathletes and the Greatest Race the World has Never Seen by Joosr

★★★★★ 5 out of 5

Language : English  
File size : 603 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 21 pages  
Screen Reader : Supported



In the heart of the rugged Copper Canyons of Mexico, a hidden tribe of superathletes has emerged, captivating the world with their astonishing endurance and unparalleled running abilities. Christopher McDougall's groundbreaking book, "Hidden Tribe: Superathletes and the Greatest Race the World Has Never Seen," unveils the remarkable story of the Tarahumara people and their legendary ultramarathon, a grueling footrace across treacherous terrain.

### **The Tarahumara: A Tribe of Runners**

The Tarahumara, also known as the Rarámuri, are an indigenous people who have inhabited the Copper Canyons region for centuries. Their way of life is deeply connected to running, an integral part of their daily routine and cultural practices. Tarahumara children learn to run at a young age, and by adulthood, they can cover vast distances with ease, navigating rough trails and steep inclines with incredible speed and agility.

### **The Copper Canyons Ultramarathon**

At the heart of McDougall's book lies the fabled Copper Canyons Ultramarathon, a 50-mile (80km) footrace that takes place annually in the rugged canyons. The race attracts runners from around the globe, but it is the Tarahumara participants who consistently steal the show. They glide through the challenging terrain with effortless grace, often winning the race and leaving their competitors in awe.

### **The Secrets of Tarahumara Running**

McDougall delves into the secrets behind the Tarahumara's extraordinary running abilities. He explores their diet, which consists mainly of local plants and wild game, providing them with essential nutrients for endurance. He also uncovers their unique training methods, which include barefoot running, hill repeats, and long-distance hunts. Furthermore, their deep connection to the land and their spiritual beliefs contribute to their mental and physical resilience.

## **Cultural Exploration and Adventure**

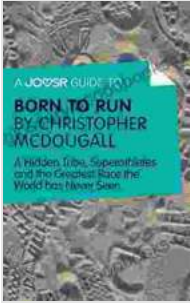
Beyond the fascinating running narrative, "Hidden Tribe" offers an immersive cultural exploration of the Tarahumara people. McDougall provides insights into their history, traditions, and way of life. He shares their stories of resilience, their struggles, and their deep reverence for their homeland.

## **Review and**

Christopher McDougall's "Hidden Tribe: Superathletes and the Greatest Race the World Has Never Seen" is a captivating blend of adventure, cultural anthropology, and human endurance. It takes readers on an unforgettable journey, revealing the extraordinary abilities of the Tarahumara people and the captivating story of the Copper Canyons Ultramarathon. Whether you are a runner, an adventurer, or simply fascinated by human resilience, this book is a must-read that will inspire and amaze.

Free Download the Book Now

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