



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

By Becky Wade

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...



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