

## **RUNNING WITH KENYANS**



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About Running with the Kenyans. Uprooting his family of five, Finn traveled to a small, chaotic town in the Rift Valley province of Kenya a mecca for long-distance runners, thanks to its high altitude, endless paths, and some of the top training schools in the world. There Finn would run side by side with Olympic champions, young hopefuls,

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Running with the Kenyans. The magic discovered through running with the Kenyans is not a simple recipe (emphasis mine): i t s the tough, active childhood, the barefoot running, the altitude, the diet, the role models, the simple approach to training, the running camps, the focus and dedication, the desire to succeed, to change their lives,

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### **Running with the Kenyans by Adharanand Finn review**

Adharanand Finn's 'Running with the Kenyans' is a heartfelt study of our urge to run. Then there s the altitude, the culture of running, the simple approach to training ( run, eat, sleep : Kenyan athletes can sleep for 16 hours a day), the hunger to succeed the list goes on. No wonder Finn lags behind even the slowest Kenyan women.

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Running with the Kenyans: A chase with the Hash House Harriers Adharanand Finn gets a break from the hard pace of Iken and meets some unlikely inner-city runners in Nairobi Adharanand Finn

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