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Christopher McDougall is an American author and journalist best known for his 2009 best-selling book *Born to Run: A Hidden Tribe, Superathletes, and the Greatest Race the World Has Never Seen*.

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Christopher McDougall (born 1962) is an American author and journalist. He is best known for his 2009 book *Born to Run: A Hidden Tribe, Superathletes, and the Greatest Race the World Has Never Seen*.

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Christopher McDougall is the author of the acclaimed New York Times bestseller *Born to Run: A Hidden Tribe, Superathletes, and the Greatest Race the World Has Never Seen*. McDougall's epic journey began with a persistent foot ailment that prevented him from running long distances.

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Christopher McDougall is a former war correspondent for the Associated Press and author of the international bestseller Born to Run. He does his own running among the Amish farms around his home in rural Pennsylvania. show more

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From more than 350 national, regional, and specialty publications and, increasingly, the top sports blogs, Christopher McDougall, best-selling author of Born to Run: A Hidden Tribe, Superathletes, and the Greatest Race the World Has Never Seen, hand-selected the very best sports journalism of the past year.

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Christopher McDougall has crafted an inspirational book that not only imparts good running technique, it makes you want to run! I was training for a triathlon before my injury and running was the part I always dreaded.

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Micah True Wikipedia

Micah True (November 10, 1953 March 27, 2012), born Michael Randall Hickman and also known as Caballo Blanco (white horse), was an American ultrarunner from Boulder, Colorado, who received attention because of his depiction as a central character in Christopher McDougall's book Born to Run.

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