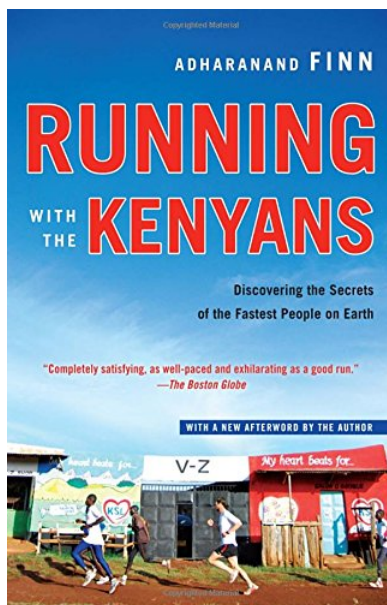


[GET] Running with the Kenyans: Discovering the Secrets of the Fastest People on Earth



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Running with the Kenyans After years of watching Kenyan athletes win the world's biggest long-distance races, the author sets out to discover what it was that made them so fast - and to see if he could keep up. He moved to Iten, Kenya, the running capital of the world, and started investigating. Was it running barefoot to school, the food, the altitude, or something else? Full description

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