



# Running with the Kenyans: Passion, Adventure, and the Secrets of the Fastest People on Earth

*Adharanand Finn*

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**“Completely satisfying, as well-paced and exhilarating as a good run.”—*The Boston Globe***

Whether running is your recreation or your religion, Adharanand Finn’s incredible journey to the elite training camps of Kenya will captivate and inspire you, as he ventures to uncover the secrets of the fastest people on earth. Finn’s mesmerizing quest combines a fresh look at barefoot running, practical advice on the sport, and the fulfillment of a lifelong dream: to run with his heroes. 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, and barefoot schoolchildren, and meet a cast of unforgettable characters. Amid the daily challenges of training and of raising a family abroad, Finn would learn invaluable lessons about running—and about life.

**With a new Afterword by the author.**

“Not everyone gets to heaven in their lifetime. Adharanand Finn tried to run there, and succeeded. *Running with the Kenyans* is a great read.”—Bernd Heinrich, author of *Why We Run*

“Part scientific study, travel memoir, and tale of self-discovery, Finn’s journey makes for a smart and entertaining read.”—*Publishers Weekly*

“A hymn to the spirit, to the heartbreaking beauty of tenacity, to the joy of movement.”—*The Plain Dealer*

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