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*Rewild Your Life: Tony Riddle | Rich Roll Podcast Principles of Natural Running with Dr. Mark Cucuzzella Barefoot Running*

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*Technique Simplified | Why it is so Efficient What Will Make 2021 Different? Part II The Earth is NOT Flat II -- Full Sermon (January 10, 2021) Pastor John Koletas Are we born to run? | Christopher McDougall* **Our Favourite Scripture Passages: Psalm 119:105-112** *The truth about barefoot running - the key to avoiding injury or a runner's fad?*

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TONY RIDDLE - LOOSE THE SHOES: Why Is Barefoot Running Better? | London Real

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4 Simple Tests You Must Do Before Transition to Minimalist Running Born To Run Coach Eric Orton: Run Technique (Part 1)

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Are we born to run? - Christopher McDougall **A**

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Barefoot Running - The TRUTH [Infographic]

~~Introduction To Natural Running~~ **2021-01-08**

**Sean and Michael discuss self-investigation, surrender, ego, vāsanās and sākṣi (witness)**

Dr. Mark Cucuzzella - 'Run (and Eat) For Your Life' *RUNNING BOOK REVIEW: \"BORN TO RUN\" BY CHRISTOPHER MCDUGALL* ~~Natural Running The Simple Path~~

Runners will learn how to analyze and identify their own characteristics so they

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Abshire can start down the path to natural running. Abshire explains the natural running technique, describing the posture, arm carriage, cadence, and land-lever-lift foot positioning that mimic the barefoot running style.

~~Natural Running: The Simple Path to Stronger, Healthier ...~~

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~~Amazon.com: Natural Running: The Simple Path to Stronger ...~~

Natural Running is the middle ground runners have been looking for. By learning to run the barefoot way—while wearing shoes—runners will become more efficient, stronger, and healthier runners. Backed by studies at MIT and Harvard, running form and injury expert Danny Abshire presents the natural running technique, form drills, and an 8-week

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Abshire transition plan that will put runners on the path to faster, more efficient, and healthier running.

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Abshire Co-Founder and CTO Danny Abshire presents Natural Running. This is the single most important resource for...

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Abshire analyze and identify their own characteristics so they can start down the path to natural running.

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**Abshire** barefoot way, while wearing shoes, runners will become more efficient, stronger, and healthier runners. Backed by studies at MIT and Harvard, running form and injury expert Danny Abshire presents the natural running technique, form drills, and an 8-week transition plan that will put runners on the path to faster, more efficient, and healthier running. In *Natural Running*, Abshire explains how modern running shoes distort the efficient running technique that humans evolved over thousands of years. He reviews the history of running shoes and injuries, making the case for barefoot running but also

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**Abshire** warning about its dangers. By learning the natural running technique, runners can enjoy both worlds—comfortable feet, knees, and legs and an efficient running form that reduces impact and injuries. Natural Running teaches runners to think about injuries as symptoms of poor running form. Abshire specifies the overuse injuries that are most commonly associated with particular body alignment problems, foot types, and form flaws. Runners will learn how to analyze and identify their own characteristics so they can start down the path to natural running. Abshire explains the natural running technique, describing the

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Abshire posture, arm carriage, cadence, and land-lever-lift foot positioning that mimic the barefoot running style. Using Abshire's 8-week transition plan and a tool kit of strength and form drills, runners will move from heel striking to a midfoot or forefoot strike. Natural Running is the newest way to run and also the oldest. By discovering how they were meant to run, runners will become more efficient, stronger, and healthier runners.

For readers of Born to Run by Christopher McDougall, The Barefoot Running Book lends



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practical advice on the minimalist running phenomenon Ditch those cushiony running shoes—they're holding you back and hurting your feet! You've heard about barefoot running and how it can reduce injury and allow for better form. Maybe you've even tried it and learned how shedding those heavy, overly-manufactured shoes can make running more enjoyable. Regardless of your expertise level, Jason Robillard—a leading expert on barefoot running education and director of the Barefoot Running University—synthesizes the latest research to ease you from barefoot walking to slow

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**Absolve** running to competitive and trail running vis-à-vis simple drills, training plans, and useful hints from fellow barefoot runners. Practical, easy-to-follow, and illustrated with black-and-white photographs throughout, The Barefoot Running Book shows how everyone can transition to barefoot and minimalist shoe running—safely and optimally.

Examines the harmful effects that running in shoes can have on feet, knees, and hips and discusses the benefits of barefoot running, with advice on training, proper form, and dealing with weather and terrain.

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With *My Life on the Run*, Bart Yasso--an icon of one of the most enduringly popular recreational sports in the United States--offers a touching and humorous memoir about the rewards and challenges of running. Recounting his adventures in locales like Antarctica, Africa, and Chitwan National Park in Nepal (where he was chased by an angry rhino), Yasso recommends the best marathons on foreign terrain and tells runners what they need to know to navigate the logistics of running in an unfamiliar country. He also offers practical guidance for beginning,

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intermediate, and advanced runners, such as 5-K, half marathon, and marathon training schedules, as well as advice on how to become a runner for life, ever-ready to draw joy from the sport and embrace the adventure that each race may offer

Kicksology is your all-access pass into the fascinating, colorful world of running shoes—and what makes up a perfect pair of kicks. Sports journalist and veteran shoe tester Brian Metzler takes runners and kicksologists deep inside the \$10 billion dollar running shoe industry with a behind-

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the-curtain look at what makes iconic running shoe brands tick. Kicksology follows a shoe from inspiration to store shelf to show how innovative ideas evolve into industry-wide trends and fads. Metzler tours shoe labs where scientists advance our understanding of shoes and running mechanics as well as the domestic and overseas shoe factories where the world's favorite kicks are assembled. A dedicated shoe nerd and running junkie, Metzler shares his love of great shoes in this fascinating look at the intersections of shoe culture and history, science and storytelling, intel from the innovators with

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on-the-ground insight from top runners. Kicksology is filled with information as entertaining as it is surprising, tapping into the passion runners have for their kicks and feeding their curiosity about what makes a great shoe.

Get the book that covers what you need to know about foot care, including footwear, prevention, and treatment. Hiking, backpacking, running, walking, and other athletic endeavors, your feet take a beating with every step. Don't wait until foot pain inhibits your speed, strength, and style.

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Learn the basics—along with the finer points—of foot care before pain becomes a problem. Foot expert and ultrarunner John Vonhof and physical therapist Tonya Olson share how the interplay of anatomy, biomechanics, and footwear can lead to happy (or hurting!) feet. Fixing Your Feet covers all that you need to know to care for your feet, right now and hundreds of miles down the road! Inside You'll Find Tried-and-true methods of foot care from numerous experts Tips and anecdotes about recovery and training Information about hundreds of foot-care products for nearly every foot ailment

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High interest topics such as “Barefoot & Minimalist Footwear,” “Blister Prevention,” and “Providing Foot Care for Athletes” Discussions of individual foot care and team care “From heels to toes, products to pathology, resources to rehabilitation, this book has it all. An essential guide.”

–Runner’s World

Provides an introduction to training for long distance running, covering such topics as choosing running shoes, balancing dietary needs, using warm up exercises, protecting oneself from injury, and running schedules



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with different levels of difficulty.

Running can help you lose weight, create a healthy body image, and boost your self-esteem. No matter your fitness level, you too can enjoy the benefits of this sport! With this book, you'll gain the knowledge and tools you need to run a 10K, a marathon, or just a lap around the block! The new edition includes: Cutting-edge information on hugely influential trends in natural running, including ChiRunning, barefoot running, and cross-training with yoga and meditation Information on how to select the right gear

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and manage your nutrition, including details on new diets favored by endurance athletes A dedicated section on running for women, including specific nutritional and physical concerns Whether you're a beginner or a seasoned veteran, this book has everything you need to maximize your running potential--from start to finish!

Our love affair with the digital interface is out of control. We've embraced it in the boardroom, the bedroom, and the bathroom. Screens have taken over our lives. Most people spend over eight hours a day staring

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at a screen, and some "technological innovators" are hoping to grab even more of your eyeball time. You have screens in your pocket, in your car, on your appliances, and maybe even on your face. Average smartphone users check their phones 150 times a day, responding to the addictive buzz of Facebook or emails or Twitter. Are you sick? There's an app for that! Need to pray? There's an app for that! Dead? Well, there's an app for that, too! And most apps are intentionally addictive distractions that end up taking our attention away from things like family, friends, sleep, and oncoming traffic. There's

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**Abshiro** a better way. In this book, innovator Golden Krishna challenges our world of nagging, screen-based bondage, and shows how we can build a technologically advanced world without digital interfaces. In his insightful, raw, and often hilarious criticism, Golden reveals fascinating ways to think beyond screens using three principles that lead to more meaningful innovation. Whether you're working in technology, or just wary of a gadget-filled future, you'll be enlightened and entertained while discovering that the best interface is no interface.

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An ultrarunner's fast-paced narrative into the wilds of New York's Hudson Valley, as he attempts to set a new record for completing the Long Path, a 350-mile hiking trail that links New York City and Albany. Have you ever considered running 350 miles in nine days? Kenneth A. Posner did just that when he completed a record-setting run along New York's Long Path, a 350-mile hiking trail that stretches from New York City to Albany. Running the Long Path's page-turning narrative combines the thrill and challenges of Posner's extreme endurance feat with the stunning natural beauty and deep historical

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significance of New York's Hudson Valley. A one-time casual runner, Posner shares his excitement of developing into a trail-runner and eventually an ultrarunner, as well as the pursuit of a "fastest known time"—a new dimension of extreme trail running, where some of the sport's fastest and most experienced athletes vie to set new speed records for important trails. Hikers, walkers, and runners will appreciate his detailed descriptions of planning, pacing, gear selection, nutrition, hydration, and navigation, which will help them prepare for their own adventures on the trails.

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Interspersed with the running adventure, Posner relates the interesting stories of the Long Path and the places it passes through, which include some of New York's most important parks and preserves and the distinctive mountains and forests they protect. Throughout the book, he channels the voices of famous New Yorkers associated with the Long Path—Walt Whitman, John Burroughs, Theodore Roosevelt, and Raymond Torrey—who express their appreciation of the natural beauty of the region. Running the Long Path is the story of what ordinary people can accomplish with a little determination and a

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lot of grit. Whether you walk or run, you will find inspiration in Posner's tale. "Ken Posner not only takes us along as he achieves a great yet agonizingly difficult athletic accomplishment, but at the same time he displays brilliantly the beauty and history of the Hudson Valley, as well as the value of the strenuous life." – Philip McCarthy, American 48-hour running record-setter (257 miles) "On his solitary run, Ken takes us into the woods to meet the remarkable characters who shaped the history of the landscape. While setting a Long Path record, he nonetheless pauses to appreciate and



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Albino settle us into its subtle natural wonders and profound majesty. Ken gives us a magical private tour to reveal the soul of the Catskills.” – Joan Burroughs, President, John Burroughs Association “Here it is!–The Intelligent Man’s Guide to Insanity. Why would Ken Posner, an otherwise successful financial analyst, run 350 miles from New York City to Albany over some of the roughest trails in the Hudson Valley, sleep in the wild with bears, snakes, and poison ivy, just to do it and maybe do it faster than anyone else has? Read why in this journey of natural wonders, personal discovery, and the

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compelling curiosity of the running temperament. P.S. He lives to tell the tale!" – Kathrine Switzer, author of *Marathon Woman: Running the Race to Revolutionize Women's Sports* and winner of the New York City Marathon "It's hard to imagine an outdoor adventure that starts at the George Washington Bridge. But Ken's 350-mile thru-run was exactly that, without the assistance of course markings, aid stations, a dedicated support crew, or even sometimes a navigable trail. This is an entertaining and informative read." – Andrew Skurka, author of *The Ultimate Hiker's Gear Guide: Tools and*

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**Techniques to Hit the Trail** “Decades of conservation work have produced a remarkable long distance trail that links together some of New York’s wildest and most beautiful places. Whether you are an ‘ultrathoner’ or an armchair hiker (I have been both), you will find this book a captivating and lyrical journey.” – Robert Anderberg, Vice President and General Counsel, Open Space Institute

“When you pursue your dreams, you may discover you have deep wells of strength that you never knew. And you may find yourself inspiring others to chase their dreams, too.” – Lisa Smith-Batchen, coach and motivational

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speaker “Ken Posner inspires the already inspired. We are both advocates of the fastest known time (FKT). Ken Posner’s FKT over the entire 350-mile Long Path highlights the importance of this historic and significant trail. His record accomplishment, despite extreme challenges, highlights the fact that Ken Posner is truly one of the most versatile, talented, and toughest distance runners of our generation!” – Frank Giannino, two-time Transcontinental Runner and Guinness World Records holder “Some of us seek out unique challenges. We’re looking not only to test our limits, but to forge connections

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with the earth and honor those who came before us. Ken follows in these footsteps, sharing his fast-paced and meaningful story in Running the Long Path.” – Marshall Ulrich, author of Running on Empty: An Ultramarathoner’s Story of Love, Loss, and a Record-Setting Run Across America

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