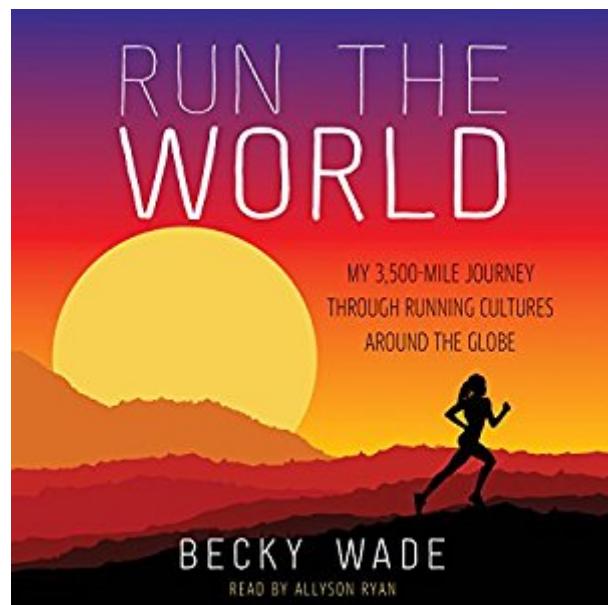


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# Run The World: My 3,500-Mile Journey Through Running Cultures Around The Globe



## Synopsis

From elite marathoner and Olympic hopeful Becky Wade comes the story of her yearlong exploration of diverse global running communities from England to Ethiopia - nine countries, 72 host families, and over 3,500 miles of running - investigating unique cultural approaches to the sport and revealing the secrets to the success of runners all over the world. Fresh off a successful collegiate running career - with multiple NCAA All-American honors and two Olympic Trials qualifying marks to her name - Becky Wade was no stranger to international competition. But after years spent safely sticking to the training methods she knew, Becky was curious about how her counterparts in other countries approached the sport to which she'd dedicated over half of her life. So in 2012, as a recipient of the Watson Fellowship, she packed four pairs of running shoes, cleared her schedule for the year, and took off on a journey to infiltrate diverse running communities around the world. What she encountered far exceeded her expectations and changed her outlook on the sport she loved. Over the next 12 months - visiting nine countries with unique and storied running histories, logging over 3,500 miles running over trails, tracks, sidewalks, and dirt roads - Becky explored the varied approaches of runners across the globe. Whether riding shotgun around the streets of London with Olympic champion sprinter Usain Bolt, climbing for an hour at daybreak to the top of Ethiopia's Mount Entoto just to start her daily run, or getting lost jogging through the bustling streets of Tokyo, Becky's unexpected adventures, keen insights, and landscape descriptions take the listener into the heartbeat of distance running around the world. Upon her return to the United States, she incorporated elements of the training styles she'd sampled into her own program, and her competitive career skyrocketed. When she made her marathon debut in 2013, winning the race in a blazing 2:30, she became the third-fastest woman marathoner under the age of 25 in US history, qualifying for the 2016 Olympic Trials and landing a professional sponsorship from Asics. From the feel-based approach to running that she learned from the Kenyans to the grueling uphill workouts she adopted from the Swiss to the injury-recovery methods she learned from the Japanese, Becky shares the secrets to success from runners and coaches around the world. The story of one athlete's fascinating journey, *Run the World* is also a call to change the way we approach the world's most natural and inclusive sport.

## Book Information

Audible Audio Edition

Listening Length: 8 hours and 6 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: HarperAudio

Audible.com Release Date: July 5, 2016

Whispersync for Voice: Ready

Language: English

ASIN: B01F9O0V14

Best Sellers Rank: #72 in Books > Sports & Outdoors > Miscellaneous > Essays #132

in Books > Audible Audiobooks > Nonfiction > Travel #262 in Books > Audible Audiobooks >

Nonfiction > Sports & Recreation

## Customer Reviews

This book combines two of my favorite things - running and travel. I loved reading about each place she visited, the running culture and training methods, but also the personal relationships formed and the local foods consumed. I wish I had known about the Thomas J. Watson fellowship that funded Becky's exciting exploration of running traditions worldwide. "It basically funds the dream year of each recipient" and allows the recipients to travel the world in pursuit of a personal passion. What a wonderful thing! I definitely recommend this book to anyone who loves running, travel, food, or reading.

As a recipient of the Watson Fellowship in 2012, 22-year-old Becky Wade traveled the world for a year to learn about living, connecting and running. Her travels took her to England, Ireland, Switzerland, Ethiopia, Australia, New Zealand, Japan, Sweden and Finland. She became immersed in their cultures and trained with several runners in other countries. At the end of each chapter, she shares a recipe from the country she visited. I loved reading about her experiences in each of these places! I'm not a runner at all and am happy to say that I learned tons just from reading this book. I loved her descriptions and felt like I was traveling with her. She trained in different altitudes and terrains, which seemed to help her when she returned to the States. She had a great time in each country she visited, but she also had her fair share of difficulties and trials. When she got to Sweden, her older brother Matt visited her for 10 days. She was feeling tired and wasn't sure how she would finish her tour, but his visit rejuvenated her and gave her the strength to keep going. His visit also gave her a clearer vision as to what she wanted to do when she returned home. The Olympics will be starting soon so this was the perfect time to read this book! I must admit that I am attracted more to swimming and gymnastics, but after reading her book, I will pay close attention to

Becky Wade in the marathon and cheer her on! I received a copy of this book from the publisher for an honest review. My opinion is 100% my own.

One of the most inspiring and motivating books I have ever read! I am an avid runner/racer and can appreciate the story and challenges involved with the sport, but I do think that this would be a great read for anyone..athlete or not. Becky writes with an easy-going, yet very precise flair and has a wonderful way of describing her experiences and travels. I read the whole book while traveling abroad myself (in France) and it motivated me to run daily while I was there!

I am a relatively novice runner, and I still very much enjoyed reading about running culture around the world (plus it motivated me to lace up my own sneakers a bit more this month). It was so interesting to learn the practises and deeply rooted running traditions from different countries. Wade clearly describes the different running events she attended and makes you feel like you are actually there. For example, when she describes watching the marathon in the 2012 London Olympics, even though I was just reading about it, I could feel the anticipation building around the event. Food is so connected to the sport of running and to building community and friendships, so each chapter finishes with a recipe native to one of the countries she was visiting. At the very end of the book, Becky Wade also shares with us her pre-race playlist to get her ready to run. For anyone with even the smallest interest in both short or long-distance running, you will enjoy Wade's easy to read adventures and discoveries within her book. I learned so much, not only about running, but about different cultures within our global village. I also look forward to keeping an eye out for Becky Wade at future Olympic events!

I loved reading this book. The wanderluster in me loved learning about new places and adding new destinations to my travel wish list; the wannabe athlete in me loved how physically motivating and surprisingly relatable Becky made elite distance running/training sound through her experiences and narrative. She is relatable and reminds the reader that the world can be a lovely place. Not all travel needs to cost a million dollars and there are a multitude of ways to experience a city, state, country or continent. It was such a fun read.

As someone who loves running and idolizes those like Becky Wade, Shalane Flanagan, Kara Goucher, and Emma Coburn, I absolutely loved this read. As a traveler myself, it was so interesting to read Becky's perspectives on the running cultures globally.

Excellent, even if you're not a runner. Great fun, wonderful recipes and such insight into different cultures around the world. Highly recommend this book.

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