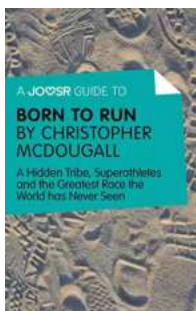


# The Hidden Tribe Superathletes And The Greatest Race The World Has Never Seen

Deep in the heart of Mexico, a remarkable hidden tribe resides. Known as the Tarahumara, they are often referred to as the "superathletes" for their incredible endurance and stamina. These indigenous people have been quietly dominating long-distance running for centuries, all while remaining virtually unknown to the rest of the world.

The Tarahumara are a group of Native Mexican people who live in the Copper Canyons of Chihuahua, a remote and rugged region that spans over 25,000 square miles. Their lives are intricately intertwined with running, and they have a deep cultural heritage centered around the sport.

For the Tarahumara, running is not merely a form of exercise or competition; it is a way of life. From a young age, children learn to run ultra distances, often covering hundreds of miles in a single race. Running is seen as a means of survival, a way to travel long distances within the canyons to trade goods or visit neighboring communities.



## A Joosr Guide to... Born to Run by Christopher McDougall: A Hidden Tribe, Superathletes and the Greatest Race the World has Never Seen

by Joosr(Kindle Edition)

★★★★★ 5 out of 5

Language : English

File size : 603 KB

Text-to-Speech : Enabled

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 21 pages



What sets the Tarahumara apart from other elite runners is their unique style and technique. They run barefoot or in minimalistic huaraches sandals, allowing their feet to move freely and naturally. They have mastered the art of running with light, effortless strides, making them incredibly efficient and capable of maintaining high speeds over long distances.

The Tarahumara's natural endurance is also attributed to their diet, which primarily consists of maize, beans, and squash. Their traditional food provides the necessary nutrients to sustain their active lifestyle while keeping them healthy and strong. They have developed an exceptional cardiovascular system, allowing them to recover quickly and continue running for hours without tiring.

Despite their incredible abilities, the Tarahumara have managed to remain hidden from the rest of the world. It was not until the captivating book "Born to Run" by Christopher McDougall was published in 2009 that their story slowly started to unfold on a global stage. McDougall's book shed light on their unique culture, extraordinary athletic prowess, and the remarkable race that brought them into the spotlight.

In the midst of the Copper Canyons, the Tarahumara participate in a legendary race called the "Ultramarathon Caballo Blanco" or the "Copper Canyon Ultra Marathon." This grueling 50-mile race takes place annually

and attracts runners from all corners of the world who seek to challenge themselves against the Tarahumara.

The race itself is nothing short of extraordinary. Participants climb steep canyons, traverse rocky terrain, and endure scorching heat. The natural beauty of the canyons acts as a breathtaking backdrop to the intense competition between the world-class runners and the Tarahumara, who always prove to be fierce competitors.

What makes this race even more remarkable is the sense of camaraderie and community it fosters. The Tarahumara do not view running as a way to defeat their opponents; instead, they celebrate the act of running together. This spirit of unity and support extends to the other runners, creating an environment of shared admiration and respect.

As word of the Tarahumara's prowess spread, numerous athletes from around the world journeyed to the Copper Canyons in pursuit of running with these superathletes. The experience brought them face to face with a way of life vastly different from their own and allowed them to witness the beauty of the Tarahumara's running culture firsthand.

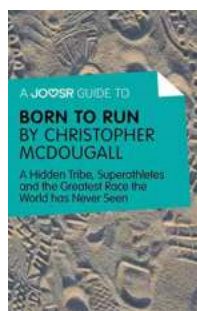
The Tarahumara's story of resilience, determination, and ancient running traditions has captivated the imaginations of both casual runners and elite athletes alike. Their remarkable abilities have sparked scientific interest as researchers seek to unravel the secrets behind their endurance and superior performance.

Many attribute the Tarahumara's success to their deep connection with nature and the environment. They view running as a spiritual practice, a way to commune with the earth and honor their ancestors. This deep

reverence for their cultural heritage, combined with their physical abilities, creates a powerful force that propels them forward during races.

The story of the hidden tribe superathletes and the greatest race the world has never seen has inspired countless individuals to challenge their limits and embrace the joy of running. The Tarahumara serve as a reminder that extraordinary accomplishments can arise from the most unexpected places, and that there is much to learn from ancient traditions.

As running continues to grow in popularity, the Tarahumara's legacy lives on, reminding us to appreciate the simple act of putting one foot in front of the other, to connect with the environment around us, and to remember that there is an incredible hidden world of superathletes waiting to be discovered.



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Humans were born to run and our bodies are designed to excel at it. Find out how you can uncover your inner love of running and develop the skills needed to compete with the best.

Born to Run by Christopher McDougall proves once and for all that we are all inherent runners. Science and history show how the human body was designed specifically for running. Ancient tribes, like the Tarahumara Indians in Mexico, are well aware of this. Running is an integral part of their daily life and is a skill that protects them and helps them find food. What's more, they thoroughly enjoy it! Professional and amateur runners around the world are learning from such cultures and are developing their own love and prowess for running.

You will learn:

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- Why your expensive running shoes might actually be hindering you
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