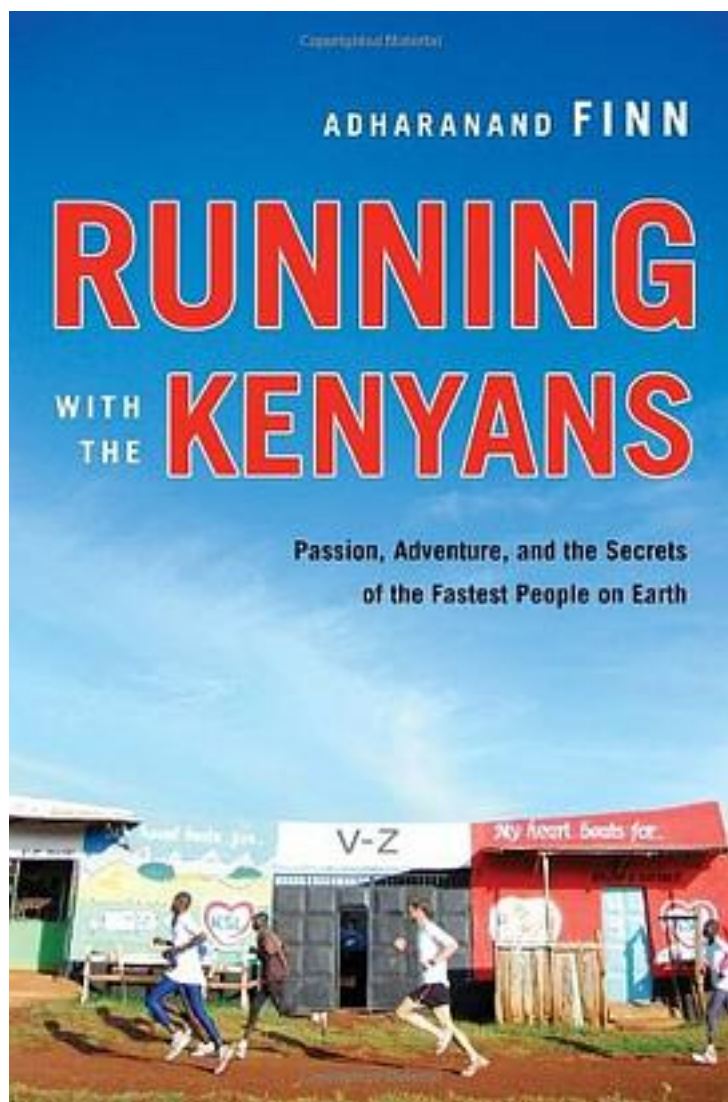


# Running with the Kenyans



[Running with the Kenyans\\_下载链接1](#)

著者:Adharanand Finn

出版者:Ballantine Books

出版时间:2012-5-15

装帧:Hardcover

isbn:9780345528797

“A dusty road stretches into the distance like a pencil line across the arid landscape. Lions, rhino, and buffalo roam the plains on either side. But I haven’t come to Kenya to spot wildlife. I’ve come to run.”

Whether running is your recreation, your religion, or just a spectator sport, Adharanand Finn’s incredible journey to the elite training camps of Kenya will captivate and inspire you. Part travelogue, part memoir, this mesmerizing quest to uncover the secrets of the world’s greatest runners—and put them to the test—combines practical advice, a fresh look at barefoot running, and hard-won spiritual insights.

As a boy growing up in the English countryside, Adharanand Finn was a natural runner. While other kids struggled, he breezed through schoolyard races, imagining he was one of his heroes: the Kenyan long-distance runners exploding into prominence as Olympic and world champions. But as he grew up, pursued a career in journalism, married and had children, those childhood dreams slipped away—until suddenly, in his mid-thirties, Finn realized he might have only one chance left to see how far his talents could take him.

Uprooting his family of five, including three small children, Finn traveled to Iten, a small, chaotic town in the Rift Valley province of Kenya—a mecca for long-distance runners thanks to its high altitude, endless running paths, and some of the top training schools in the world. Finn would run side by side with Olympic champions, young hopefuls, and barefoot schoolchildren . . . not to mention the exotic—and sometimes dangerous—wildlife for which Kenya is famous.

Here, too, he would meet a cast of colorful characters, including his unflappable guide, Godfrey Kiprotich, a former half marathon champion; Christopher Cheboiboch, one of the fastest men ever to run the New York City Marathon; and Japhet, a poor, bucktoothed boy with unsuspected reservoirs of courage and raw speed. Amid the daily challenges of training and of raising a family abroad, Finn would learn invaluable lessons about running—and about life.

Running with the Kenyans is more than one man’s pursuit of a lifelong dream. It’s a fascinating portrait of a magical country—and an extraordinary people seemingly born to run.

作者介绍:

" 【英】 亚德哈罗南德·芬恩 (Adharanand Finn)

目前任职于《卫报》，同时也是《跑者世界》杂志的特约记者，还在《独立报》撰写专栏。他热中于路跑运动，青少年时期曾是英国越野赛跑的选手，目前他和家人住在英国德文郡埃克赛特镇，最近刚赢得当地的十公里路跑赛第一名。

亚德哈罗南德·芬恩多年来观察到肯尼亚跑者从夺冠奥运会到称霸各大城市马拉松赛，也看到全球顶级的跑步选手只要到肯尼亚训练几个月，跑步速度就会更上一层楼。久未跑步训练、体态完全变样的他，以全世界最艰难的里瓦马拉松赛为目标，踏上寻找肯尼亚人跑步这么快的秘密。"

目录:

标签

跑步

马拉松

长跑

体育

运动

评论

书评

《跑出肯尼亚》这本书里面描写的东非大裂谷的奇特景象确实让人过目难忘，除了非洲大平原上的自然风光外，我被书里面肯尼亚人那种为跑步而奉献的精神感动，难以想象全民跑步的文化背后，跟随了多少个令我们动容的故事。生活是残酷的，但是还有一线生机，这一线生...

-----  
《跑出肯尼亚》是一本将跑步、文化、风俗与个人经历结合在一起的纪实散文。然而作者的并不是抒情感怀，他要找出肯尼亚人擅长跑马拉松的原因，不管是从生理构造、心理素质、生活环境还是技术层面。作为《跑者世界》特约记者、《卫报》专栏作者以及半专业跑者，亚德哈罗南德...

-----  
亚德哈罗南德·芬恩是一名记者，这是一本将跑步、文化、风俗与个人经历融合得很巧妙的一部纪实散文，作者以一种记者所特有的敏感来关注东非这个神奇的长跑的国度。  
相信任何一个关注长跑的人都知道肯尼亚、埃塞俄比亚等东非国家在长跑领域的卓越成就。肯尼亚，这个在东非大裂...

-----  
带着对最杰出跑者奥秘的追求，带着对跑步梦想的朝圣，我只身一人飞越万水千山，渡过印度洋，穿过索马里，来到了肯尼亚。当我和海关大姐说：“我要加入这里的训练营，训练马拉松”，海关大姐还一姐的轻笑：“NO~，你不可能的”。但是，我做到了。我成了在肯尼亚伊坦（Iten）冠军...

-----  
作者芬恩只用半年时间就摸出门道，可见他是全力融入肯尼亚，仔细观察动足脑筋。这么敬业的记者不多见。肯尼亚人的训练方法是可以复制。生活环境，饮食习惯，全社会对跑步运动的支持观念是取胜的大环境，花再多钱也复制不来。基因什么的理论我就呵呵了。当跑步运动员是脱离贫困...

-----  
田径界有个说法：短跑牙买加，长跑肯尼亚。凭什么肯尼亚人能长期称霸长跑项目？高海拔的训练环境？强烈的奔跑动机？专注规律的刻苦训练？全民认同的文化遗产？到底信不信基因致胜论？  
如果说基因是肯尼亚人称霸长跑项目的决定性因素，那么在1987年以前的马拉松赛中肯...

-----  
作者自身的跑步经历和非洲的跑步文化结合得还不错，有干货。  
关于赤足跑的理论也较为详细。  
感觉是欧洲跑步实践与非洲跑步文化的一次碰撞，挺有意思。另外一点是，作者虽然在英国本土曾是一名跑步选手，但写作视角平民化，对非洲跑步明星们的生活和当地的社会背景有深入的描述。

-----  
[Running with the Kenyans\\_下载链接1](#)