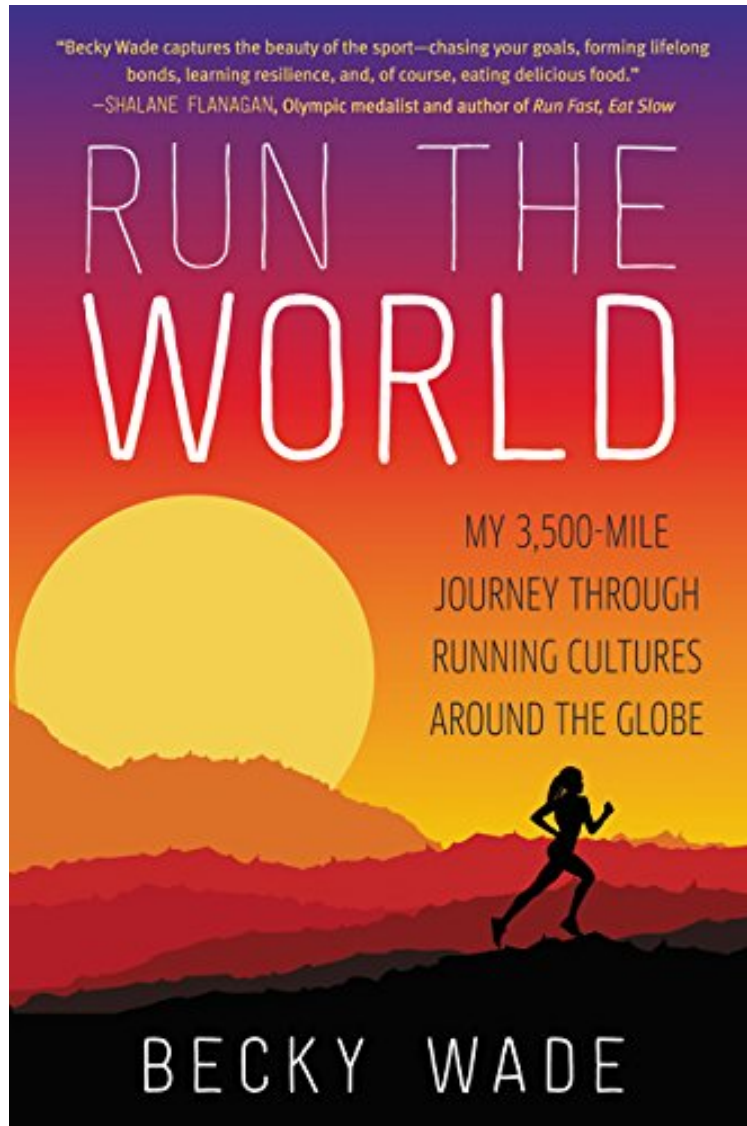


[Ebook pdf] Run the World: My 3,500-Mile Journey Through Running Cultures Around the Globe

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

Becky Wade

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#90014 in Books Wade Becky 2016-07-05 2016-07-05 Original language: English PDF # 1 8.00 x .72 x 5.311, .0 #File Name: 006241643X272 pages Run the World My 3 500 Mile Journey Through Running Cultures Around the Globe | File size: 67.Mb

**Becky Wade : Run the World: My 3,500-Mile Journey Through Running Cultures Around the Globe** before purchasing it in order to gage whether or not it would be worth my time, and all praised Run the World: My 3,500-Mile Journey Through Running Cultures Around the Globe:

2 of 2 people found the following review helpful. For any wanderlust, athlete, lover of people or seeker of positive

reinforcement in the world

By Customer 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.

2 of 2 people found the following review helpful. but I do think that this would be a great read for anyone

By RunnerMom 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 run daily while I was there!

0 of 0 people found the following review helpful. Great book delivers on the premise of viewing cultures through the lens of running.

By M. Willey I love traveling and running, so this book was a no brainer. But I was excited to see that it delivered so well on that premise! I loved that she got into the differences in approaches to training to see how they can be so different but also equally effective. However, you could tell in the Japan chapter that she was probably starting to wear down from the rigors of travel as the book lost a little bit of the momentum from the earlier chapters as her year finished up... understandably so though. It was an easy, fun read though. I am a fan of Becky as a writer and I look forward to see where her career goes as a runner as well!

From elite marathoner and Olympic hopeful Becky Wade comes the story of her year-long exploration of diverse global running communities from England to Ethiopia

9 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 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 into the sport she loved.

Over the next twelve months

visiting 9 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 Ethiopias Mount Entoto just to start her daily run, or getting lost jogging through the bustling streets of Tokyo, Beckys unexpected adventures, keen insights, and landscape descriptions take the reader into the heartbeat of distance running around the world.

Upon her return to the United States, she incorporated elements of the training styles she 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 U.S. 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 athletes fascinating journey, *Run the World* is also a call to change the way we approach the worlds most natural and inclusive sport.

I started reading Becky Wades story and I simply could not stop

her journey around the globe pulls you along like a great running trail with each turn promising something new and wonderful. (Tom Foreman, author of *My Year of Running Dangerously*)

In her incredible running journey, Becky Wade captures the beauty of the sport--chasing your goals, forming lifelong bonds, learning resilience, and of course, eating delicious food. (Shalane Flanagan, Olympic champion in long-distance track running and author of *Run Fast Eat Slow*)

Every so often a book comes along that becomes a cult classic for competitive runners but also has appeal to a broader audience. Once a Runner, *Born to Run*, and *Running with the Buffaloes* were all such books, and this terrific debut is sure to join their ranks. (Booklist)

Wades endearing and inspiring story will appeal to readers looking for an insiders view of the determination and spirit shared by Olympians (and casual runners) throughout the world. (Library Journal)

Becky Wade is one of Americas best distance runners, yet more so an ultimate adventurer. In *Run the World*, Becky takes the reader along on her brave journey, providing an intimate glimpse into running cultures around the world. (Deena Kastor, Olympic medalist and American record holder in the marathon)

The beauty of running can always be found in the journey. Each and every mile holds something new, in the runner and in the world around her. Never has this been illustrated more beautifully than in Becky Wades story. (Dawn Dais, author of *The Nonrunners Marathon Guide for Women*)

For anyone who loves running, loves to travel, or better yet, both, *Run the World* offers a chance to live vicariously through Wades incredible journey of training in the most hallowed grounds of distance running. Her adventures will teach, inspire,

and probably light a fire inside of you. (Ryan Hall, premier distance runner and author of *Running with Joy: My Daily Journey to the Marathon*) From the Back Cover 9 countries. 11 pairs of running shoes. 3,504 miles of running. Fresh off a successful collegiate running career with NCAA All-American honors and an Olympic Trials appearance, Becky Wade was eager to connect with her counterparts across the world and to broaden her perspective on running: the oldest, purest, and most global of all sports. With the funding and support of the Thomas J. Watson Fellowship, Wade packed a year's worth of running clothes and shoes; said good-bye to her family and friends; and took off on a solo exploration of global running cultures. Wade's journey took her to England, Ireland, Switzerland, Ethiopia, Australia, New Zealand, Japan, Sweden, and Finland, each country with a unique running history and a community of local athletes and coaches who welcomed her into their homes and onto their teams. Over the course of the year, she ran more than 3,500 miles as she experimented with diverse training styles and discovered new recovery techniques. Whether riding around the streets of London with Olympic champion Usain Bolt, hiking for an hour at daybreak just to start a run on Ethiopia's Mount Entoto, or getting lost navigating the bustling streets of Tokyo, Wade's unexpected adventures capture the heartbeat of distance running around the world.

About the Author Becky Wade is a professional long-distance runner who competes for Asics. A native of Dallas, Texas, she is a U.S. Junior National Champion, a three-time Olympic Trials qualifier, a four-time All-American, and the winner of her debut marathon, the 2013 California International Marathon. After graduating Phi Beta Kappa from Rice University with a triple major in history, psychology, and sociology, Becky traveled the world independently for one year on a Thomas J. Watson Fellowship as she explored long-distance running cultures in nine countries. One of four Wade twins, she currently trains in Houston, Texas under coaches Jim Bevan and Joe Vigil.