

GEAR WEST

XC SKI . RUN . SOCCER WWW.GEARWEST.COM

The Bookcase

607 East Lake Street, Wayzata, MN (952) 473-8341

Gear West & The Bookcase

Welcome

Christopher McDougall

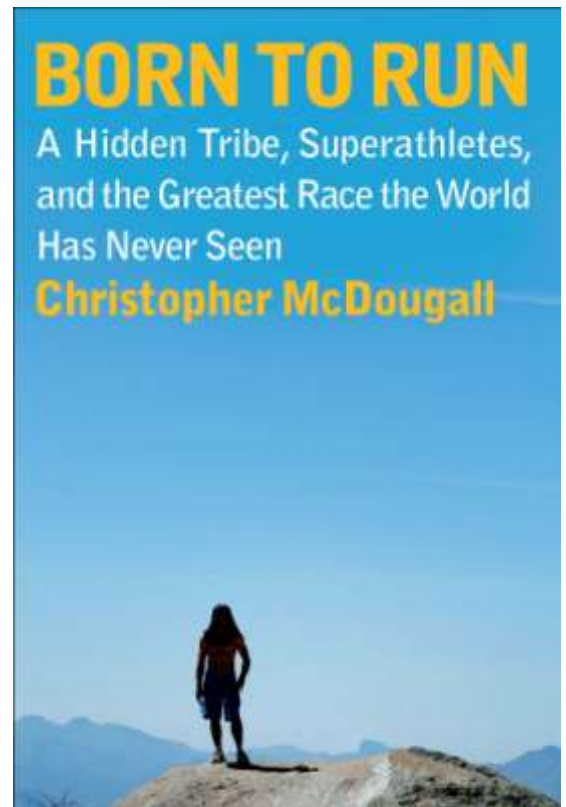
Gear West and The Bookcase are pleased to welcome **Christopher McDougall**, author of the bestselling book *Born to Run*.

The event will be on **Wednesday, September 15** at 6:30 in the evening at Gear West in Long Lake (1786 West Wayzata Boulevard).

McDougall traveled to Mexico's Copper Canyon to discover the running secrets of the Tarahumara Indians. For centuries, the Tarahumara have practiced techniques that allow them to run hundreds of miles without rest. How do they do it? That's exactly what McDougall wanted to know.

Part cultural anthropology mixed with personal memoir and the history of running, *Born to Run* is "hilariously funny, weird, and nonstop fun to read. Runners can sink their teeth into it," says Bill Rodgers, a four-time winner of the Boston Marathon.

Christopher McDougall is a former war correspondent for the Associated Press and is now a contributing editor for *Men's Health*. A three-time National Magazine Award finalist, he has written for *Esquire*, *The New York Times Magazine*, *Outside*, *Men's Journal*, and *New York*. He does his own running among the Amish farms around his home in rural Pennsylvania.



Tickets are \$5.00, and are available at either Gear West or The Bookcase.

Read. Listen. Learn. Run