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Christopher McDougall. author of Born to Run, Natural Born Heroes, and Running with Sherman. NEW! Running with Sherman, Christopher McDougall's latest tale of adventure based on his beloved New York Times column, was released in October 2019. Learn More. Buy The Book. Born to Run. Born to Run: A Hidden Tribe, Super Athletes, and the Greatest Race the World Has Never Seen by Christopher ...

Christopher McDougall - New York Times Bestselling Author

Christopher McDougall (born 1962) is an American author and journalist. He is best known for his 2009 book Born to Run: A Hidden Tribe, Superathletes, and the Greatest Race the World Has Never Seen. He has also written for Esquire, The New York Times Magazine, Outside, Men's Journal, and New York, and was a contributing editor for Men's Health.

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