



Correr con los Keniats (B de Books) (Spanish Edition)

Adharanand Finn

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Tras ver durante años cómo los atletas keniatas ganaban las principales carreras de larga distancia en todo el mundo, Adharanand Finn emprendió la tarea de descubrir por qué son tan rápidos y, de paso, comprobar si era capaz de seguir su ritmo.

Preparó a la familia y abandonó Devon para mudarse a la pequeña ciudad de Iten, en Kenia, tierra natal de cientos de los mejores atletas del país y, sin lugar a dudas, capital mundial del atletismo.

Una vez allí, se calzó las zapatillas y se lanzó a la aventura por las pistas de tierra, corriendo en compañía de campeones olímpicos, jóvenes esperanzados y colegiales descalzos. Comió lo mismo que ellos, durmió en sus campamentos de entrenamiento y se despertó a las cinco de la mañana para salir a correr por las mismas cuestas que ellos.

Al final del camino lo esperaba el sueño de unirse a los mejores atletas de Kenia en su primer maratón, una carrera épica por el territorio de los leones, en plena llanura keniatá.

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