

**2012 Running And Reading Schedule: *Born To Run***

Date	Chapters to read prior	Pages
22-Aug	None	Orientation--distribute books and info
4-Sep	Ch 1-6	Pgs 1-46
<b>Questions:</b> Were you drawn into the story and if so, how?		
McDougall is not shy in his use of hyperbole. Is this distracting, or inviting?		
McDougall weaves a tale of quest, characters, history and location. What other books come to mind?		
<b>Presentation: Effective 5K Racing with Eric McCann of Runner's Alley 6pm</b>		
11-Sep	Ch 7-13	Pgs 47-84
<b>Questions:</b> We have learned in a roundabout way about Tarahumara culture. What are your impressions?		
What impressions does BTR give of the ultra-running world? Have you ventured there?		
McDougall describes competition as a concept. How does this factor into the story so far?		
18-Sep	Ch 14-20	Pgs 85-135
<b>Questions:</b> What role does gender competition play in the overall story?		
Coach Vigil isolates a spirit of kindness and love as key to Tarahumara running. How does this compare /contrast to the events so far?		
Do shifts in time and location; narrative vs. exposition propel the story or interfere with the narrative? Do you respond to this style and structure?		
<b>Presentation: Barefoot Running with Eric McCann of Runner's Alley 6pm</b>		
25-Sep	Ch 21-27	Pgs 136-213
<b>Questions:</b> The cast of characters expands greatly in this segment. How does the story change?		
The reconsideration of contemporary running shoe science begins here. Thoughts?		
Have you tried chia? Does the book make you want to?		
2-Oct	Ch 28- Fin	Pgs 214-287
<b>Questions:</b> Human evolution as a running animal is considered here. Thoughts?		
THE RACE! Worth the build-up?		
Do you think this book will have any negative/positive effects on the Tarahumara? On Ultrarunning? On the individual runner?		