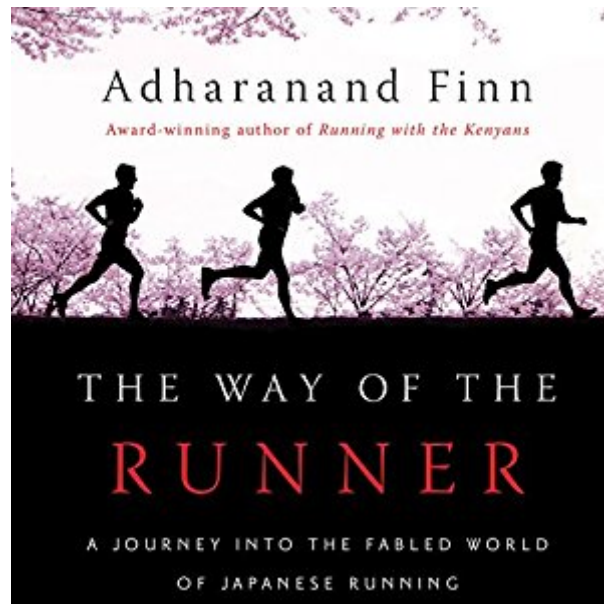


The book was found

# The Way Of The Runner: A Journey Into The Fabled World Of Japanese Running



## Synopsis

Welcome to Japan, the most running-obsessed nation on Earth and home to a unique running culture unlike anything Adharanand Finn, author of *Running with the Kenyans*, has even experienced. It may come as a surprise to many people, but Japan is the most running-obsessed country on Earth. A 135-mile relay race, or *ekiden*, is the country's biggest annual sporting event. Thousands of professional runners compete for corporate teams in some of the most competitive races in the world. The legendary "marathon monks" run a thousand marathons in a thousand days to reach spiritual enlightenment. Yet so much of Japan's running culture remains a mystery to the outside world, on par with many of the unique aspects of contemporary Japan. Adharanand Finn, the award-winning author of *Running with the Kenyans*, spent six months immersed in this one-of-a-kind running culture to discover what it might teach us about the sport and about Japan. As an amateur runner about to turn 40, he also hoped to find out whether a Japanese approach to training might help him run faster. What he learns - about competition, teamwork, form, chasing personal bests, and himself - will fascinate and surprise anyone keen to explore why we run and how we might do it better.

## Book Information

Audible Audio Edition

Listening Length: 9 hours and 5 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Audible Studios

Audible.com Release Date: May 30, 2016

Language: English

ASIN: B01DFO5OEE

Best Sellers Rank: #18 in Books > Sports & Outdoors > Other Team Sports > Track & Field  
#116 in Books > Audible Audiobooks > Nonfiction > Sports & Recreation #122 in Books > Health, Fitness & Dieting > Exercise & Fitness > Running & Jogging

## Customer Reviews

I was a big fan of Adharanand Finn's "Running with the Kenyans." I love his immersive style. He moved to the Rift Valley with his family for that one. Here, he troops the entire family -- including three young children -- to the suburbs of Kyoto to explore Japan's *Ekiden* running culture. Indeed, the book is as much about his family's journey as it is about his deep dive into *Ekiden*. Let's just say

that anyone's romantic ideal of a vacation journey via the Trans-Siberian railway will be put off the idea for good here. I loved the premise of this idea. I've been intrigued with Japanese running since the days of the great Boston marathon champion and long-time 25k and 30k WR holder, Toshihiko Seko. [In fact, if I have one quibble about the book, it's that I wish Finn had sought out Seko for comment...or maybe he did and the famously monkish Seko turned him away.] Finn does well to tie the discipline and struggle of running to the self-professed ideal traits of the Japanese. I like the way he uses Robert Whiting's seminal book, "You Gotta Have Wa." Whiting did much the same thing as Finn, but used baseball as his vehicle. Finn quotes Whiting's work: "The Japanese believe that only through endless training can one achieve the unity of mind and body necessary to excel . . . The traditional view in this rich but cramped and resource-poor land is that nothing comes easily, and that only through doryoku (effort) and the ability to persevere in the face of adversity can one achieve success." Finn finds that the obsessive Ekiden culture fits Japan like hand in glove...the ideas that the nail that is stuck up gets hammered down, and of sacrifice of the individual for the sake of the team. These ideas are steeped deep into Japanese culture.

[Download to continue reading...](#)

The Way of the Runner: A Journey into the Fabled World of Japanese Running  
Runner's World Training Journal: A Daily Dose of Motivation, Training Tips & Running Wisdom for Every Kind of Runner--From Fitness Runners to Competitive Racers  
Bento Box Cookbook: Delicious Japanese Cooking Recipes For Lunch And Dinner (Bento Box Recipes, Japanese Cooking, Japanese Recipes, Japanese Bento, Sushi, Rice Cooker)  
Runner's World Run Less, Run Faster: Become a Faster, Stronger Runner with the Revolutionary 3-Run-a-Week Training Program  
Runner's World The Runner's Body: How the Latest Exercise Science Can Help You Run Stronger, Longer, and Faster  
Runner's World Run Less, Run Faster: Become a Faster, Stronger Runner with the Revolutionary FIRST Training Program  
Running Mindfully: How to Meditate While Running for Your Body, Mind and Soul (Tibetan Buddhism, Mindful Running)  
Running: Distance Running: Improve Your Long Distance Running Step By Step  
RUN: What To Know About Running Before You Begin (A Complete Beginners Guide: Learn How To Start Running And Jogging): (Running And Jogging For Beginners, Weight Loss, Exercise, How to Run And Jog)  
Confessions of a Japanese Linguist - How to Master Japanese: (The Journey to Fluent, Functional, Marketable Japanese)  
Retrofitting Blade Runner: Issues in Ridley Scott's Blade Runner and Phillip K. Dick's Do Androids Dream of Electric Sheep?  
Maze Runner el comienzo: Virus letal (Spanish Edition) (Maze Runner Trilogy)  
Runner's World Guide to Running and Pregnancy: How to Stay Fit, Keep Safe, and Have a Healthy Baby  
Runner's World Big Book of Running for Beginners: Lose Weight, Get Fit, and Have Fun

Runner's World Complete Book of Running: Everything You Need to Run for Weight Loss, Fitness, and Competition Jackie's Treasures: The Fabled Objects from the Auction of the Century Running Your Best: The Committed Runner's Guide to Training and Racing Genki: An Integrated Course in Elementary Japanese II [Second Edition] (Japanese Edition) (English and Japanese Edition) Beyond Polite Japanese: A Dictionary of Japanese Slang and Colloquialisms (Power Japanese) Japanese Slanguage: A Fun Visual Guide to Japanese Terms and Phrases (English and Japanese Edition)

[Dmca](#)