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Mastered The Lost Secrets Of Strength And Endurance
By Christopher McDougall**

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author of Natural Born Heroes: How a Daring Band of Misfits Mastered the Lost Secrets of Strength and Hey Ben thanks for having Christopher McDougall on your

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It's been six years since Chris McDougall helped make minimalist running more mainstream with Born to Run. He's back with a new book out, called Natural Born

<http://www.enduranceplanet.com/natural-born-heroes-with-chris-mcdougall-dr-phil-maffetone-and-hal-walter/>

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Natural Born Heroes: The Hero Tour 2015 w/ author Christopher McDougall and guest speakers - Sunday, April 12, 2015 at Lancaster Country Day School, Lancaster, PA.

<http://www.eventbrite.com/e/tickets-still-available-natural-born-heroes-the-hero-tour-2015-w-author-christopher-mcdougall-and-tickets-15665897120>

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Thursday, May 21, Doors at 6:30, Show at 7pm. Chuckanut Radio Hour with Christopher McDougall, author of Natural Born Heroes: How a Daring Band of Misfits Mastered

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