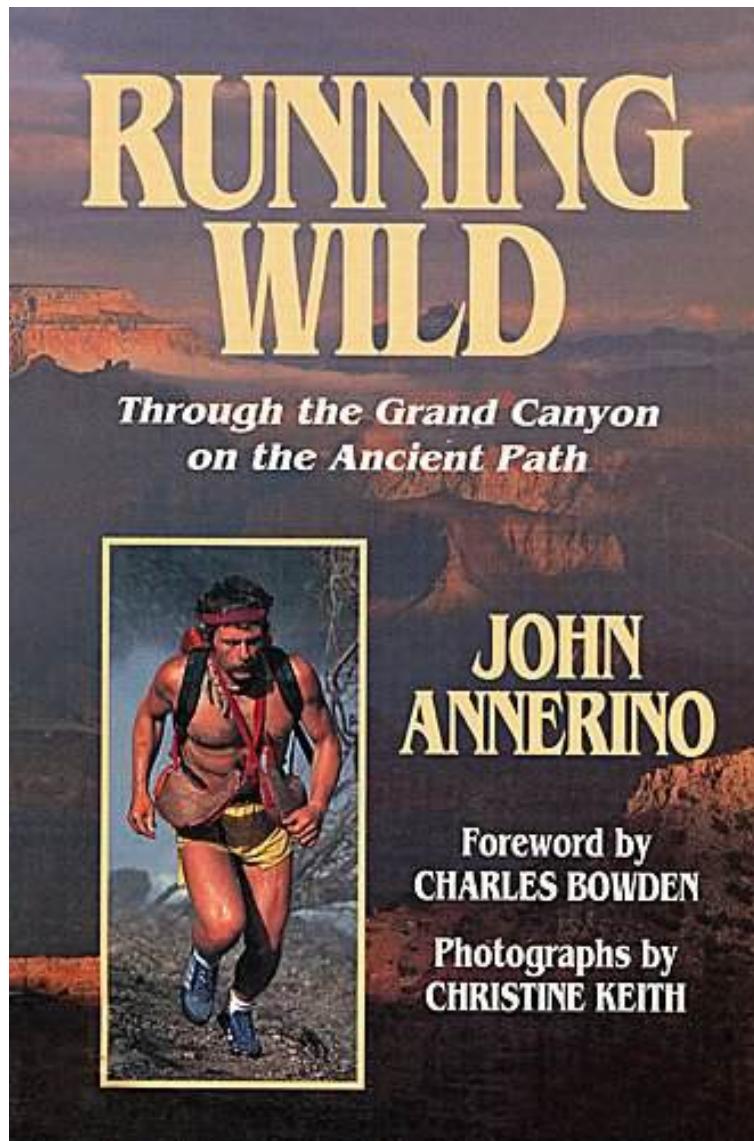


Running Wild: Through the Grand Canyon on the Ancient Path

By John Annerino

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and scoured the rockies flushing mineral rich sediment to the sea Running Wild: Through the Grand Canyon on the Ancient Path:

In this story of rare triumph John Annerino chronicles his progress from injury to recovery to victory Badly hurt in a climbed accident and told he would never run again the author defied his doctors and his own overwhelming pain to run the length of the Grand Canyon three times rediscovering Native American trade routes lost to modern knowledge An incredible journey to the limits of physical and mental endurance Running Wild takes you there and leaves He nearly drowned He battled heat cold thirst and exhaustion When he was nearly done a snake rattled inches from his feet Los Angeles Times Cheers to John Annerino who nbsp showed armchair America

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