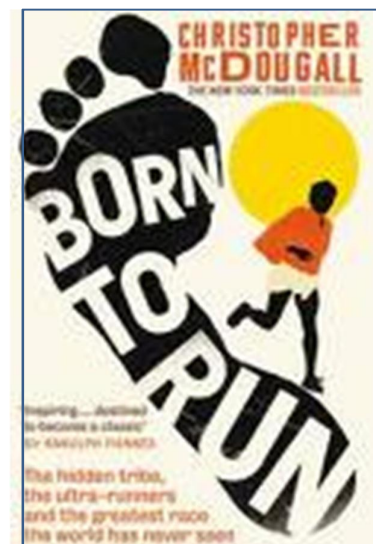


Pensby Runners bring you ...

Star of the best-selling book 'Born to Run'

Caballo Blanco

Friday 30th September 2011 7.30pm at Chester University



Micah True (Caballo Blanco) lives in the Sierra Madre in Mexico. Over the last decade he has been instrumental in encouraging the local tribe Raramuri/Tarahumara to keep running which has always been a part of their traditional way of life.

(The Tarahumara are an indigenous tribe of Mexicans who live in the canyons of the Sierra Madre, they have a legendary reputation for distance running great distances - 100 miles or more through the rugged canyons in homemade sandals)

Every year he organises the 50 mile Copper Canyon Ultra Marathon which sees the local runners compete against some of the worldsqbest ultra-runners..

Micah was thrown into the spotlight in 2009 when a book "Born to Run" featured his race and placed him as one of the central characters. The book spent several months in the NY Times best seller list throwing Micah into the public consciousness.



A very unique opportunity to hear Micah True (the real name of Caballo Blanco) talk in the UK about his life with the Tarahumara.

To raise money for the famous 'Copper Canyon Race' featured in 'Born to Run'

Tickets just £10 - buy on line from <http://caballoblanco.co.uk> or by sending a cheque payable to

C Wilkinson, The Strawhouse, Pixley, Herefordshire, HR8 2RL
(please include your contact details and that you wish to attend the Chester talk)

For more information contact Nigel Crompton on

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or 07770 632254

