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Book Review: 'Running with the Kenyans' by Adharanand Finn

In *Running with the Kenyans*, club runner and journalist Adharanand Finn goes on a quest for the Holy Grail. A mystical running elixir, craved by athletes around the world as the magic formula to being a faster, better runner. [Running with the Kenyans | Lifeandstyle | The Guardian](#)

In 2011, Adharanand Finn spent six months in Kenya researching his book *Running with the Kenyans*. Earlier this year he returned to Iten, the town known in the running world as the Home of

Running with the Kenyans: Passion, Adventure, and the ...

The book, *Running with the Kenyans*, is an incredible book. It is written by Adharanand Finn, who is also the main character of the book. This book is a non-fiction book, and starts of in England. The author lives normally, until he gets into running. He does a lot of running and researches how to run faster, or improve. He discovers that Kenyans are considered the fastest in the world, and