



Running Free: A Runner's Journey Back to Nature

Richard Askwith

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Running Free: A Runner's Journey Back to Nature Richard Askwith **A passionate and inspiring case for runners to get back to nature**

Richard Askwith wanted more. Not convinced running had to be all about pounding pavements, buying fancy gear, and racking up extreme challenges, he looked for ways to liberate himself. His solution: running through muddy fields and up rocky fells, running with his dog at dawn, running because he's being (voluntarily) chased by a pack of bloodhounds, running to get hopelessly, enjoyably lost, running fast for the sheer thrill of it. Running as nature intended. Part diary of a year running through the Northamptonshire countryside, part exploration of why we love to run without limits, *Running Free* is an eloquent and inspiring account of running in a forgotten, rural way, observing wildlife and celebrating the joys of nature. An opponent of the commercialisation of running, Askwith offers a welcome alternative, with practical tips (learned the hard way) on how to both start and keep running naturally—from thawing frozen toes to avoiding a stampede when crossing a field of cows. *Running Free* is about getting back to the basics of why we love to run.

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