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Bernd Heinrich's Why We Run is an excellent resource for those interested in both research and personal account. It is quite detailed, and for those who run, it is also quite personal. I learned a lot about the human body and other species in relation to the hunt.

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WHY WE RUN has all sorts of biological discussions that remind me of the worst of Stephen J. Gould's pieces. Unfortunately the biological passages for the most are incoherent although tantalizing. For example, and there are many like this: "Eating is controlled by psychological drives, which in turn are influenced by blood chemistry.

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In Why We Run, biologist, award-winning nature writer, and ultramarathoner Bernd Heinrich explores a new perspective on human evolution by examining the phenomenon of ultraendurance and makes surprising discoveries about the physical, spiritual -- and primal -- drive to win.

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