The Mission of the Neighborhood Library Association (NLA) is to bring people from neighboring libraries together to discuss and participate in programs selected to strengthen community ties and promote literacy among a diverse population. Find more information about the 2016 Community Reads here: http://mynla.info

**VISIT US TODAY!**

**Lyon Township Public Library**
27005 S. Milford Road, South Lyon, MI 48178
248.437.8800 • www.lyon.lib.mi.us

**Northville District Library**
212 West Cady Street, Northville, MI 48167
248.349.3020 • www.northvillelibrary.org

**Novi Public Library**
45255 West Ten Mile Road, Novi, MI 48375
248.349.0720 • www.novilibrary.org

**Salem-South Lyon District Library**
9800 Pontiac Trail, South Lyon, MI 48178
248.437.6431 • www.ssldl.info

**Walled Lake City Library**
1499 E. West Maple Road, Walled Lake, MI 48390
248.624.3772 • www.walledlakelibrary.org

**Wixom Public Library**
49015 Pontiac Trail, Wixom, MI 48393
248.624.2512 • www.wixomlibrary.org

Generously sponsored by the NLA’s Friends’ Groups and the Baronette Hotel in Novi.
Everyone is welcome to attend programs at all NLA libraries. Registration for programs may be required. Please contact individual library for details.

### COMMUNITY PROGRAMS

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<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td><strong>Yoga Basics</strong></td>
<td>Wednesdays: Sept. 14  &amp; 28, Oct. 12 &amp; 26 &gt; 1 pm</td>
<td>1 pm</td>
<td>Salem-South Lyon District Library</td>
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<tr>
<td><strong>You Can Achieve Your Goals! For a Healthy Metabolism</strong></td>
<td>Wednesday, October 5 &gt; 6:30 pm</td>
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<td>Wixom Public Library</td>
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<tr>
<td><strong>Guided Meditation</strong></td>
<td>Thursday, October 6 &gt; 6:30 pm</td>
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<td>Lyon Township Public Library</td>
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<tr>
<td><strong>Motivation &amp; Courage with Marathoner Doug Kurtis</strong></td>
<td>Thursday, October 13 &gt; 7 pm</td>
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<td>Northville District Library</td>
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<tr>
<td><strong>Smart Eating for Your Workouts</strong></td>
<td>Tuesday, October 18 &gt; 6:30 pm</td>
<td></td>
<td>Walled Lake City Library</td>
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<tr>
<td><strong>Running 101: From the Couch to a 5K</strong></td>
<td>Thursday, October 27 &gt; 6:30 pm</td>
<td></td>
<td>Novi Public Library</td>
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<tr>
<td><strong>Tarahumara Tribe Documentary Film: Goshen</strong></td>
<td>Thursday, October 27 &gt; 7:30 pm</td>
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### BOOK DISCUSSIONS

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### ABOUT THE BOOK

Full of incredible characters, amazing athletic achievements, cutting-edge science, and pure inspiration, *Born to Run* is an epic adventure that began with one simple question: *Why does my foot hurt?*

In search of an answer, Christopher McDougall sets off to find a tribe of the world’s greatest distance runners and learn their secrets, and in the process shows us that everything we thought we knew about running is wrong.

Isolated by the most savage terrain in North America, the reclusive Tarahumara Indians of Mexico’s deadly Copper Canyons are custodians of a lost art. For centuries they have practiced techniques that allow them to run hundreds of miles without rest and chase down anything from a deer to an Olympic marathoner.

Their superhuman talent is matched by uncanny health and serenity, leaving the Tarahumara immune to the diseases and strife that plague modern existence. With the help of Caballo Blanco, a mysterious loner who lives among the tribe, the author was able not only to uncover the secrets of the Tarahumara but also to find his own inner ultra-athlete, as he trained for the challenge of a lifetime: a fifty-mile race in the Tarahumara country, pitting tribe members against an odd band of Americans, including a star ultramarathoner, a beautiful young surfer, and a barefoot wonder.

### ABOUT THE AUTHOR

Trained as a foreign correspondent for the Associated Press, Christopher McDougall covered wars in Rwanda and Angola before writing his international bestseller, *Born to Run*. His fascination with the limits of human potential led him to create the *Outside* magazine web series, *Art of the Hero*. *Born to Run* is currently in development as a feature film starring Matthew McConaughey.

### MEET THE AUTHOR

**Christopher McDougall**

**Wednesday, November 2 @ 7 pm**

Novi Public Library

Reserve your spot today!

248.349.0720

www.novilibrary.org