

altra shoe size guide

Altra Shoe Size Guide: Finding Your Perfect Fit

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Abstract: This comprehensive guide explores the intricacies of the Altra shoe size guide, addressing the unique aspects of Altra's FootShape™ toe box and ZeroDrop™ platform. We'll delve into various methods for determining your ideal Altra shoe size, comparing Altra's sizing to other brands, and providing practical tips for achieving the perfect fit.

Understanding Altra's Unique Sizing Philosophy

Altra's shoe sizing differs significantly from many other running shoe brands due to its core design principles: the FootShape™ toe box and the ZeroDrop™ platform. These features necessitate a slightly different approach to finding your ideal size compared to brands employing more traditional designs.

1. **FootShape™ Toe Box:** Unlike traditional running shoes that often constrict the toes, Altra's FootShape™ toe box allows your toes to spread naturally. This wider design mimics the natural shape of your foot, providing greater comfort, stability, and potentially reducing the risk of certain foot ailments. This means you might need a slightly wider shoe than what you're accustomed to in other brands.

1. ZeroDrop™ Platform: Altra's ZeroDrop™ technology features a flat, zero-drop sole, meaning the heel and forefoot are at the same height. This design promotes a more natural gait and can affect how the shoe feels on your foot compared to shoes with a significant heel-to-toe drop. Zero-drop shoes often feel different initially, and the sizing might feel slightly different than what you are used to.

Methods for Determining Your Altra Shoe Size

Finding the perfect Altra shoe size involves more than simply referring to a size chart. Here's a multi-pronged approach:

1. Using Altra's Official Size Chart: Altra provides a detailed size chart on their website. This chart usually offers measurements in US men's and women's sizes, as well as corresponding metric measurements (e.g., centimeters). However, remember that these are general guidelines.
1. Measuring Your Feet: Accurately measuring your feet is crucial. Use a ruler or measuring tape to determine the length and width of your longest foot (most people have one foot slightly larger than the other). Measure from the heel to the tip of your longest toe. Also, consider measuring the width at the widest point of your foot.
1. Considering Your Foot Shape: Pay attention to your foot shape. Do you have wide feet, narrow feet, or a high instep? Altra's FootShape™ toe box accommodates wider feet, but individuals with exceptionally narrow feet might find some models too roomy. Consider consulting an expert if you have unusual foot shapes or concerns.
1. Trying on Multiple Altra Models: Even with accurate measurements, trying on different Altra models is advisable. The fit can vary slightly between models (e.g., Lone Peak vs. Escalante). Different models have different materials and construction. Trying on shoes at a store allows you to gauge the fit and feel of the shoe and to see if you need a half size larger or smaller than your initial assessment suggests.

1. Utilizing Altra's Customer Service: If you're still unsure about your size after using the chart and measuring your feet, Altra's customer service team can be a valuable resource. They may be able to provide additional guidance based on your specific foot measurements and the models you're considering.

1. Considering Your Activity: The intended activity influences the fit. A shoe for trail running may need a more secure fit than a shoe for road running. A shoe for long runs may benefit from a slightly roomier fit.

Comparing Altra Sizing to Other Brands

It's important to remember that Altra's sizing isn't directly comparable to other brands. What's a size 9 in Brand X might be a size 8.5 or 9.5 in Altra. Therefore, relying solely on your previous shoe sizes from other brands is inaccurate. Always utilize the above-mentioned methodology for determining your Altra size.

Troubleshooting Common Altra Sizing Issues

Shoes feel too narrow: This is uncommon with Altra but may occur with individuals with exceptionally narrow feet. Consider trying a different model or going down a half size.

Shoes feel too long: If the shoes feel too long, even with accurate measurements, ensure your measuring technique is correct. Try a half size down.

Shoes feel too wide: This might happen with narrow feet. Choose a model with a narrower profile, if such is available, or consider a different brand.

Heel slippage: This indicates the shoe is too long or too wide. Try a half size down, and ensure a good sock fit.

Toe rubbing: This often suggests that the shoes are too short or too narrow. Try a half size up.

Conclusion

Finding the perfect Altra shoe size requires a holistic approach that considers Altra's unique design features, accurate foot measurements, and a willingness to try on several models. By combining the methods outlined in this Altra shoe size guide, you can increase your chances of finding the perfect fit and enjoying the benefits of Altra's innovative running shoe technology.

Frequently Asked Questions (FAQs)

1. Are Altra shoes true to size? Altra shoes are not always true to size compared to other brands, due to the FootShape™ toe box and ZeroDrop™ platform. It's essential to follow their size chart and measure your feet accurately.
1. Do I need to go up half a size in Altra shoes? This depends on your foot shape and the specific Altra model. Many runners find that a half size up works well, but this isn't always the case.
1. How do Altra sizes compare to Hoka? Altra and Hoka have distinct sizing; direct comparison is unreliable. Use Altra's specific size guide.
1. How do Altra sizes compare to Brooks? Similar to Hoka, Altra and Brooks sizing differs significantly. Use Altra's sizing guide for accurate measurements.
1. What if Altra shoes are too tight? If your Altras are too tight, try a half size or even a full size larger.
1. What if my Altra shoes are too loose? If your Altras are too loose, try a half size smaller. If that doesn't work, consider a different model that fits better.
1. Can I wear thicker socks with Altra shoes? Yes, but be aware that thicker socks may reduce the amount of space available in the shoe.
1. How do I break in Altra shoes? Altra shoes generally require minimal break-in time. However, gradually increasing the duration of your runs can help.

1. Where can I find Altra shoes for trying on? Check Altra's website for a store locator, or visit local running specialty shops that carry Altra footwear.

Related Articles

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1. Altra Escalante Sizing: A Detailed Comparison: Compares the Escalante's sizing to other Altra models and other running shoe brands.
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1. Understanding Altra's FootShape™ Technology and Its Impact on Sizing: Discusses the FootShape™ technology and its implications for choosing the right Altra size.

1. Troubleshooting Common Altra Shoe Fit Issues and Solutions: Offers detailed solutions to problems encountered when trying to achieve the perfect fit with Altra running shoes.

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altra shoe size guide: Born to Run 2 Christopher McDougall, Eric Orton, 2022-12-06 From the best-selling author and renowned coach duo from *Born to Run*, a fully illustrated, practical guide to running for everyone from amateurs to seasoned runners, about how to eat, race, and train like the world's best Whether you're ramping up for a race or recuperating from an injury, *Born to Run 2* is a holistic program for runners of every stripe that centers on seven key themes: food, fitness, form, footwear, focus, fun, and family. The guide contains: On-the run recipes for race-ready nutrition Training regimen to help get you in shape and achieve your running goals Corrective drills to perfect your form Helpful shoe recommendations Advice about how to bring more joy into running Suggestions for finding a running community Christopher McDougall and Eric Orton bring all the elements together into an integrated action plan—the 90-Day Run Free training schedule—that provides everything you need to prepare for a mile-long fun run or a 100-mile ultramarathon. Full of helpful illustrations and full-color photos of the iconic first Copper Canyons race, *Born to Run 2* is the perfect training companion for anyone who wants to get inspired about the sport again and learn the proven techniques to run smoother, lighter, and swifter.

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continue to enjoy running. Run to the Finish is not your typical running book. While it is filled with useful strategic training advice throughout, at its core, it is about embracing your place in the middle of the pack with humor and learning to love the run you've got without comparing yourself to other runners. Mixing practical advice like understanding the discomfort vs. pain, the mental side of running, and movements to treat the most common injuries with more playful elements such as Favorite hilarious marathon signs and Weird Thoughts We all Have at the Start Line, Brooks is the down-to-earth, inspiring guide for everyone who wants to be happier with their run.

altra shoe size guide: Where the Road Ends Meghan M. Hicks, Bryon Powell, 2016-04-05 Every year, countless runners, endurance athletes, and outdoor enthusiasts discover the sport of trail running. Whether they run for peace of mind, appreciation of nature, or competition, they find a sport unlike any other. Where the Road Ends: A Guide to Trail Running captures the excitement, intensity, and appeal of the outdoors. From training and preparation to overcoming nature's obstacles, it's all here, accompanied by detailed instruction, expert insights, and stunning color photography. Inside you'll find these features: • Techniques for running over dirt, sand, roots, and rock • Equipment recommendations based on terrain, distance, and conditions • Safety guidelines for navigation, injury, and water crossings • Conditioning programs for all levels of runners • Strategies for improving race-day performance Whether you are an experienced road runner looking for new challenges or an extreme athlete pushing your physical limits, look no further than Where the Road Ends, the authoritative guide for conquering the trails, terrain, and conditions of the great outdoors.

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bests in everything from sports and family to the boardroom.

altra shoe size guide: *Beastmaking* Ned Feehally, 2021-09-16 'When it comes to training for climbing, you are your own experiment.' *Beastmaking* by Ned Feehally is a book about training for climbing. It is designed to provide normal people – like you and me – with the tools we need to get the most out of our climbing. It is written by one of the world's top climbers and a co-founder of Beastmaker. It features sections on finger strength, fingerboarding, board training, mobility and core, and includes suggested exercises and workouts. There are insights from some of the world's top climbers, including Alex Honnold, Shauna Coxsey, Adam Ondra, Alex Puccio and Tomoa Narasaki. Free from jargon, it is intended to provide enough information for us to work out what we need to train, and to help us to train it.

altra shoe size guide: *Master the Marathon* Ali Nolan, 2021-09-14 “A must-have for any woman targeting the distance.” —*Runner's World* A no-nonsense, interactive guide that empowers all women at all levels to run their strongest, best marathon ever As recently as 1966, women were forbidden to run in the marathon. Professionals—including doctors—believed it was physically impossible and dangerous for women to run more than a mile and a half. But as with many other barriers women have faced over time, we fought our way in. Today, women make up almost half of the marathoning population. Yet most marathon training manuals are written by men. And while these men are experts when it comes to how men can and should train, women need training programs tailored to our bodies—to our unique strengths and weaknesses—so that we can avoid injuries and run at our peak. The programming in this book was created by a woman, specifically for women. *Master the Marathon* is a comprehensive guide to marathon training for women at all levels of running—beginner, intermediate, and advanced. The book takes you through everything you need to know to be prepared for the 26.2 miles of the marathon, including detailed training plans, strength training programs, building your mental awareness of your physical body, nutrition, guidance on finding the best marathon for you, identifying and avoiding potential injuries, inspirational advice, and other unexpected pieces of wisdom. Both incredibly practical and deeply motivating, *Master the Marathon* will help you unlock the strength and determination inside you to embark on the spectacular journey that is the marathon.

altra shoe size guide: *Tread Lightly* Peter Larson, Bill Katovsky, 2012-06 Explains why running injuries are so common, examining running form, running shoe design, and training, and includes insights on such topics as the evolution of running, stress-related injuries, and the advantages of barefoot running.

altra shoe size guide: *North* Scott Jurek, 2018-04-10 From the author of the bestseller *Eat and Run*, a thrilling memoir about his grueling, exhilarating, and immensely inspiring 46-day run to break the speed record for the Appalachian Trail. Scott Jurek is one of the world's best known and most beloved ultrarunners. Renowned for his remarkable endurance and speed, accomplished on a vegan diet, he's finished first in nearly all of ultrarunning's elite events over the course of his career. But after two decades of racing, training, speaking, and touring, Jurek felt an urgent need to discover something new about himself. He embarked on a wholly unique challenge, one that would force him to grow as a person and as an athlete: breaking the speed record for the Appalachian Trail. *North* is the story of the 2,189-mile journey that nearly shattered him. When he set out in the spring of 2015, Jurek anticipated punishing terrain, forbidding weather, and inevitable injuries. He would have to run nearly 50 miles a day, every day, for almost seven weeks. He knew he would be pushing himself to the limit, that comfort and rest would be in short supply -- but he couldn't have imagined the physical and emotional toll the trip would exact, nor the rewards it would offer. With his wife, Jenny, friends, and the kindness of strangers supporting him, Jurek ran, hiked, and stumbled his way north, one white blaze at a time. A stunning narrative of perseverance and personal transformation, *North* is a portrait of a man stripped bare on the most demanding and transcendent effort of his life. It will inspire runners and non-runners alike to keep striving for their personal best.

altra shoe size guide: *Slow Jogging* Hiroaki Tanaka, Magdalena Jackowska, 2016-05-10

Running is America's most popular participatory sport, yet more than half of those who identify as runners get injured every year. Falling prey to injuries from overtraining, faulty form, poor eating, and improper footwear, many runners eventually, and reluctantly, abandon the sport for a less strenuous pastime. But for the first time in the United States, Hiroaki Tanaka's *Slow Jogging* demonstrates that there is an efficient, healthier, and pain-free approach to running for all ages and lifestyles. Tanaka's method of easy running, or "slow jogging," is an injury-free approach to running that helps participants burn calories, lose weight, and even reverse the effects of Type-2 diabetes. With easy-to-follow steps and colorful charts, *Slow Jogging* teaches runners to enjoy injury-free activity by:

- Maintaining a smiling, or *niko niko* in Japanese, pace that is both easy and enjoyable
- Landing on mid-foot, instead of on the heel
- Choosing shoes with thin, flexible soles and no oversized heel
- Aiming for a pace of 180 steps per minute
- And trying to find time for activity every day

Accessible to runners of all fitness levels and ages, *Slow Jogging* will inspire thousands more Americans to take up running and will change the way that avid runners hit the pavement.

altra shoe size guide: The Science of Running Steve Magness, 2014 Reviews of The Science of Running: The Science of Running sets the new standard for training theory and physiological data. Every veteran and beginner distance coach needs to have this on their book shelf. -Alan Webb American Record Holder-Mile 3:46.91 For anyone serious about running, *The Science of Running* offers the latest information and research for optimizing not only your understanding of training but also your performance. If you want to delve deeper into the world of running and training, this book is for you. You will never look at running the same. -Jackie Areson, 15th at the 2013 World Championships in the 5k. 15:12 5,000m best If you are looking for how to finish your first 5k, this book isn't for you. *The Science of Running* is written for those of us looking to maximize our performance, get as close to our limits as possible, and more than anything find out how good we can be, or how good our athletes can be. In *The Science of Running*, elite coach and exercise physiologist Steve Magness integrates the latest research with the training processes of the world's best runners, to deliver an in depth look at how to maximize your performance. It is a unique book that conquers both the scientific and practical points of running in two different sections. The first is aimed at identifying what limits running performance from a scientific standpoint. You will take a tour through the inside of the body, learning what causes fatigue, how we produce energy to run, and how the brain functions to hold you back from super-human performance. In section two, we turn to the practical application of this information and focus on the process of training to achieve your goals. You will learn how to develop training plans and to look at training in a completely different way. *The Science of Running* does not hold back information and is sure to challenge you to become a better athlete, coach, or exercise scientist in covering such topics as:

- What is fatigue? The latest research on looking at fatigue from a brain centered view.
- Why VO2max is the most overrated and misunderstood concept in both the lab and on the track
- Why zone training leads to suboptimal performance.
- How to properly individualize training for your own unique physiology.
- How to look at the training process in a unique way in terms of stimulus and adaptation.
- Full sample training programs from 800m to the marathon.

altra shoe size guide: Principles Ray Dalio, 2018-08-07 #1 New York Times Bestseller "Significant...The book is both instructive and surprisingly moving." —The New York Times Ray Dalio, one of the world's most successful investors and entrepreneurs, shares the unconventional principles that he's developed, refined, and used over the past forty years to create unique results in both life and business—and which any person or organization can adopt to help achieve their goals. In 1975, Ray Dalio founded an investment firm, Bridgewater Associates, out of his two-bedroom apartment in New York City. Forty years later, Bridgewater has made more money for its clients than any other hedge fund in history and grown into the fifth most important private company in the United States, according to *Fortune* magazine. Dalio himself has been named to *Time* magazine's list of the 100 most influential people in the world. Along the way, Dalio discovered a set of unique principles that have led to Bridgewater's exceptionally effective culture, which he describes as "an idea meritocracy that strives to achieve meaningful work and meaningful relationships through

radical transparency.” It is these principles, and not anything special about Dalio—who grew up an ordinary kid in a middle-class Long Island neighborhood—that he believes are the reason behind his success. In *Principles*, Dalio shares what he’s learned over the course of his remarkable career. He argues that life, management, economics, and investing can all be systemized into rules and understood like machines. The book’s hundreds of practical lessons, which are built around his cornerstones of “radical truth” and “radical transparency,” include Dalio laying out the most effective ways for individuals and organizations to make decisions, approach challenges, and build strong teams. He also describes the innovative tools the firm uses to bring an idea meritocracy to life, such as creating “baseball cards” for all employees that distill their strengths and weaknesses, and employing computerized decision-making systems to make believability-weighted decisions. While the book brims with novel ideas for organizations and institutions, *Principles* also offers a clear, straightforward approach to decision-making that Dalio believes anyone can apply, no matter what they’re seeking to achieve. Here, from a man who has been called both “the Steve Jobs of investing” and “the philosopher king of the financial universe” (CIO magazine), is a rare opportunity to gain proven advice unlike anything you’ll find in the conventional business press.

ultra shoe size guide: *Fixing Your Feet* John Vonnhof, 2016-08-02 Foot pain and injuries can thwart even the most experienced athletes. Foot expert and ultra runner John Vonnhof discredits the conventional wisdom of 'no pain, no gain, ' teaching instead how the interplay of anatomy, biomechanics, and footwear can lead to happy or hurting feet. With a focus on individual and team care, the 6th edition of *Fixing Your Feet* covers all that any active person needs to know to find out what works now and also hundreds of miles down the road. This sixth edition has an important new chapter, Blister Prevention - A New Paradigm. It contains new information about blister formation and introduces the concept of shear, which in turn, changes the way we look at blister prevention and treatment. This comprehensive resources covers the full gamut of footwear basics, prevention, and treatments. If it can happen to a foot, it's covered in this book.

ultra shoe size guide: *My Absolute Darling* Gabriel Tallent, 2017-08-29 INSTANT NEW YORK TIMES BESTSELLER LA TIMES BOOK PRIZE FINALIST NBCC JOHN LEONARD PRIZE FINALIST ONE OF THE NEW YORK TIMES'S MOST NOTABLE BOOKS OF 2017 ONE OF THE WASHINGTON POST'S MOST NOTABLE BOOKS OF 2017 ONE OF NPR'S 'GREAT READS' OF 2017 A USA TODAY BEST BOOK OF THE YEAR AN AMAZON.COM BEST BOOK OF THE YEAR A BUSINESS INSIDER BEST BOOK OF THE YEAR Impossible to put down. —NPR A novel that readers will gulp down, gasping.” —The Washington Post The word 'masterpiece' has been cheapened by too many blurbs, but *My Absolute Darling* absolutely is one. —Stephen King A brilliant and immersive, all-consuming read about one fourteen-year-old girl's heart-stopping fight for her own soul. Turtle Alveston is a survivor. At fourteen, she roams the woods along the northern California coast. The creeks, tide pools, and rocky islands are her haunts and her hiding grounds, and she is known to wander for miles. But while her physical world is expansive, her personal one is small and treacherous: Turtle has grown up isolated since the death of her mother, in the thrall of her tortured and charismatic father, Martin. Her social existence is confined to the middle school (where she fends off the interest of anyone, student or teacher, who might penetrate her shell) and to her life with her father. Then Turtle meets Jacob, a high-school boy who tells jokes, lives in a big clean house, and looks at Turtle as if she is the sunrise. And for the first time, the larger world begins to come into focus: her life with Martin is neither safe nor sustainable. Motivated by her first experience with real friendship and a teenage crush, Turtle starts to imagine escape, using the very survival skills her father devoted himself to teaching her. What follows is a harrowing story of bravery and redemption. With Turtle's escalating acts of physical and emotional courage, the reader watches, heart in throat, as this teenage girl struggles to become her own hero—and in the process, becomes ours as well. Shot through with striking language in a fierce natural setting, *My Absolute Darling* is an urgently told, profoundly moving read that marks the debut of an extraordinary new writer.

ultra shoe size guide: *Relentless Forward Progress* Bryon Powell, 2013-10-04 Ready to Run

an Ultramarathon? When you consider marathons, do you think, been there, done that? Like so many others, do you believe that humans were born to run? Do you seek a new challenge that tests your mental and physical limits? If you answered yes to any of these questions, then it's time to read *Relentless Forward Progress* and give ultramarathons a try! Veteran ultramarathoner and coach Bryon Powell shares insider know-ledge about training, racing, fueling, hydration, and much more. In this guide, you'll find: --Daily training plans for races from 50k to 100 miles --A crash course in how to trail run --Advice from some of the world's top ultrarunners --Proven strategies for race day success --Useful approaches for running uphill and downhill --What to look for in ultramarathon gear --Practical wisdom on speed work --Cross training ideas for running fitness and recovery --Tips on running barefoot --Inspiration to go farther than you've ever gone before

altra shoe size guide: *Running Smart* Mariska van Sprundel, 2021-09-14 A science writer and recreational runner explores the science behind popularly held beliefs about shoes, injuries, nutrition, runner's high, and more. Conventional wisdom about running is passed down like folklore (and sometimes contradicts itself): the right kind of shoe prevents injury--or running barefoot, like our prehistoric ancestors, is best; eat a high-fat diet--and also carbo load before a race; running cures depression--but it might be addictive; running can save your life--although it can also destroy your knee cartilage. Often it's hard to know what to believe. In *Running Smart*, Mariska van Sprundel, a science journalist and recreational runner who has had her fair share of injuries, sets out to explore the science behind such claims. In her quest, van Sprundel reviews the latest developments in sports science, consults with a variety of experts, and visits a sports lab to have her running technique analyzed. She learns, among other things, that according to evolutionary biology, humans are perfectly adapted to running long distances (even if our hunter-gatherer forebears suffered plenty of injuries); that running sets off a shockwave that spreads from foot to head, which may or may not be absorbed by cushioned shoes; and that a good sports bra controls the ping pong-like movements of a female runner's breasts. She explains how the body burns fuel, the best foods to eat before and after running, and what might cause runner's high. More than fifty million Americans are runners (and a slight majority of them are women). This engaging and enlightening book will help both novice and seasoned runners run their smartest.

altra shoe size guide: *Staying Alive in Avalanche Terrain* Bruce Tremper, 2001 Winter recreation in the mountains has increased steadily over the past few years, and so has the number of deaths and injuries caused by avalanches. *Staying Alive in Avalanche Terrain* covers everything you need to know to avoid trouble in avalanche terrain: what avalanches are and how they work, common myths, human activities that lead to avalanche trouble, what happens to victims when an avalanche occurs, and rescue techniques. Provides step- by-step instruction for determining avalanche hazards, using safe travel technique, and making effective rescues.

altra shoe size guide: *Thru-Hike the Superior Hiking Trail* Annie Nelson, 2020-05

altra shoe size guide: *Hiking the Oregon Coast Trail* Bonnie Henderson, 2021 First and only comprehensive guide to the entire Oregon Coast Trail Experienced, passionate author is the authority on the OCT Perennial interest in long-distance trails From vast beaches and lush forests to windswept bluffs and dramatic sea stacks, the stunning wild coast of Oregon is emerging as the next great long-distance hiking experience. The OCT includes 200-plus miles of publicly accessible beaches, as well as established trails through city, county, and state parks and national forest lands. Breaking the trail into five major sections, each with an elevation profile, *Hiking the Oregon Coast Trail* provides detailed descriptions of 34 route legs with mileage, maps, resupply options, itineraries, hazards, camping or lodging options, and more. Introductory chapters advise on when to start, what to bring, and what to expect, while sidebars throughout share trail history, flora and fauna, and worthy side trips. The OCT is a truly singular experience with unique challenges such as finding campsites in some areas and navigating coastal tides, weather, and river mouth crossings. This guide synthesizes everything hikers need to know to plan and enjoy a successful adventure.

altra shoe size guide: *The Quiet American* Graham Greene, 2018-03-13 A "masterful . . . brilliantly constructed novel" of love and chaos in 1950s Vietnam (Zadie Smith, *The Guardian*). It's

1955 and British journalist Thomas Fowler has been in Vietnam for two years covering the insurgency against French colonial rule. But it's not just a political tangle that's kept him tethered to the country. There's also his lover, Phuong, a young Vietnamese woman who clings to Fowler for protection. Then comes Alden Pyle, an idealistic American working in service of the CIA. Devotedly, disastrously patriotic, he believes neither communism nor colonialism is what's best for Southeast Asia, but rather a "Third Force": American democracy by any means necessary. His ideas of conquest include Phuong, to whom he promises a sweet life in the states. But as Pyle's blind moral conviction wreaks havoc upon innocent lives, it's ultimately his romantic compulsions that will play a role in his own undoing. Although criticized upon publication as anti-American, Graham Greene's "complex but compelling story of intrigue and counter-intrigue" would, in a few short years, prove prescient in its own condemnation of American interventionism (The New York Times).

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Hiker's Bible." For this version, the celebrated writer and hiker Colin Fletcher has taken on a coauthor, Chip Rawlins, himself an avid outdoorsman and a poet from Wyoming. Together, they have made this fourth edition of *The Complete Walker* the most informative, entertaining, and thorough version yet. The eighteen years since the publication of *The Complete Walker III* have seen revolutionary changes in hiking and camping equipment: developments in waterproofing technology, smaller and more durable stoves, lighter boots, more manageable tents, and a wider array of food options. The equipment recommendations are therefore not merely revised and tweaked, but completely revamped. During these two decades we have also seen a deepening of environmental consciousness. Not only has backpacking become more popular, but a whole ethic of responsible outdoorsmanship has emerged. In this book the authors confidently lead us through these technological, ethical, and spiritual changes. Fletcher and Rawlins's thorough appraisal and recommendation of equipment begins with a "Ground Plan," a discussion of general hiking preparedness. How much to bring? What are the ideal clothes, food, boots, and tents for your trip? They evaluate each of these variables in detail—including open, honest critiques and endorsements of brand-name equipment. Their equipment searches are exhaustive; they talk in detail about everything from socks to freeze-dried trail curries. They end as they began, with a philosophical and literary disquisition on the reasons to walk, capped off with a delightful collection of quotes about walking and the outdoor life. After a thoughtful and painstaking analysis of hiking gear from hats to boots, from longjohns to tent flaps, they remind us that ultimately hiking is about the experience of being outdoors and seeing the green world anew. Like its predecessors, *The Complete Walker IV* is an essential purchase for anyone captivated by the outdoor life.

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