



Adventure Racing: The Ultimate Guide

Barry Siff, Liz Caldwell

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Written by two endurance athletes, Adventure Racing covers the sport from its origins in New Zealand 20 years ago through today. It delves into the nuts and bolts of navigation and orientation, mountain biking, trekking, rope skills, and paddling. Information on nighttime racing and training, how to prevent injury and illness, fuel and hydration, and what to expect after a race are included.

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