



## Runner S World Guide To Adventure Racing

**Author :** Ian Adamson / **Category :** Sports & Recreation / **Total Pages :** 288 pages

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**Summary :** Free runner s world guide to adventure racing pdf download - why should you take a pair of sandals a dollar bill and a car antenna to your next adventure race you ll find the answer to that question and many others in runner s world guide to adventure racing in this authoritative guide ian adamson shares his insider secrets for training racing team building conflict management injury prevention equipment repair sleep management and much more often referred to as the michael jordan of adventure racing adamson helps you navigate any type of adventure race from short sprint race to full-length expedition in this guide you ll find detailed training plans for recreational and competitive athletes tips for running hiking biking paddling navigating and climbing more efficiently a no-nonsense guide for what you need from the sporting goods store--and what you don t insider secrets for mending equipment and injuries while in the wilderness adamson s nine favorite foods to pack in your race bag you ll also read adamson s humorous touching and downright chilling stories of life on the adventure trail from sprint races to full-length expeditions adamson s expert advice will get you and your equipment to the finish line in one piece

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