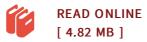




The Ultimate Guide to Trail Running and Ultramarathons: Expert Advice, and Some Humor, on Training, Competing, Gummy Bears, Snot Rockets, and More

By Jason Robillard

Skyhorse Publishing, United States, 2014. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. Jason Robillard has been doing ultramarathons for many years, and started advocating for barefoot running before it was cool and is considered an authority on it. In this guide, he teaches trail-running newbies and experienced marathoners essential survival skills and tips for running long distances: how to run in snow, ice, and mud; how to cross large streams of water; what to do when you have to go number 2 on mile 30 of a 50-mile run; preparing for trouble (building a fire, surviving in the heat and cold); running in thunderstorms. The book is written with an irreverent sense of humor and touches on topics that many running books don t get into. Skyhorse Publishing, as well as our Sports Publishing imprint, is proud to publish a broad range of books for readers interested in sports--books about baseball, pro football, college football, pro and college basketball, hockey, or soccer, we have a book about your sport or your team. In addition to books on popular team sports, we also publish books for a wide variety of athletes and sports enthusiasts,...



Reviews

It is great and fantastic. Better then never, though i am quite late in start reading this one. Your life period will likely be transform once you comprehensive reading this book.

-- Blanca Davis

An extremely wonderful book with lucid and perfect information. It is one of the most awesome publication i have read. Your life period will probably be enhance the instant you total looking at this pdf.

-- Prof. Dan Windler MD

Related eBooks



Read Write Inc. Phonics: Grey Set 7 Non-Fiction 2 a Flight to New York

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. 213 x 98 mm. Language: N/A. Brand New Book. These decodable non-fiction books provide structured practice for children learning to read. Each set of books is carefully levelled to match childrens growing...



Runners World Guide to Running and Pregnancy How to Stay Fit Keep Safe and Have a Healthy Baby by Chris Lundgren 2003 Paperback Revised

Book Condition: Brand New. Book Condition: Brand New.



Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: (Learn to Read Crochet Patterns, Charts, and Graphs, Beginner's Crochet Guide with Pictures)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Getting Your FREE Bonus Download this book, read it to the end and see BONUS: Your FREE Gift chapter after...



The Official eBay Guide: To Buying, Selling and Collecting Just About Everything

Simon & Schuster Ltd. Paperback. Book Condition: new. BRAND NEW, The Official eBay Guide: To Buying, Selling and Collecting Just About Everything, Laura Fisher Kaiser, Michael Kaiser, Omidyar, Pierre, HAPPY HUNTING(TM) ON eBay Aunt Fannie's cameo pin collection.the cartoon-character lunch boxes you...



Book Finds: How to Find, Buy, and Sell Used and Rare Books (Revised)

Perigee. PAPERBACK. Book Condition: New. 0399526544 Never Read-12+ year old Paperback book with dust jacket-may have light shelf or handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good Copy- I ship FAST with FREE tracking!! * I...



Read Write Inc. Phonics: Yellow Set 5 Storybook 7 Do We Have to Keep it?

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. Tim Archbold (illustrator). 211 x 101 mm. Language: N/A. Brand New Book. These engaging Storybooks provide structured practice for children learning to read the Read Write Inc. Set 1 and 2 sounds....