



## Runner s World Guide to Adventure Racing

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By Ian Adamson

RODALE PRESS, United States, 2004. Paperback. Book Condition: New. 223 x 147 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Recognized as the king of adventure racing, Ian Adamson has won all the world s major events and been named toughest man on the planet by RailRiders Adventure Clothing. Now with the help of Runner s World magazine, Adamson reveals strategies and secrets that have made him a household name in the sport. Offering assistance to beginners and useful tips to racing veterans, seeking advice from the very best in their Sport, Adamson offers his hard-earned expertise on: What you need to get started; Why teamwork is your most valuable tool; Foot work, cycling, paddling, rope work, and navigation; What to eat, how much to sleep, and how to steer clear of the dreaded hamburger foot; The gear you need and how to get the sponsorship to make racing a reality; Along with action photography, Adamson provides invaluable tips to master the fundamentals of racing while enjoying the adventure of a lifetime!.



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