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Mud, Guts & Glory: Tips & Training for Extreme Obstacle Racing

By Mark Hatmaker, Doug Werner

Tracks Publishing, U.S. Paperback. Book Condition: new. BRAND NEW, Mud, Guts & Glory: Tips & Training for Extreme Obstacle Racing, Mark Hatmaker, Doug Werner, Obstacle racing is a gruelling physical challenge based on elements found in some of the world's elite special forces training, where competitors test their mettle against obstacles, terrain, and conditioning similar to military boot camps, and this book provides an in-depth look at the training, gear, preparation, tactics, and logistics for making it through. After a brief overview of obstacle racing's roots and development, the guide provides detailed information on the conditioning techniques required to prepare participants for the unusual demands of these courses. The tactics section teaches specific techniques for climbing mud-covered ropes, fording swamps, mounting walls, executing an effective belly-crawl, and numerous other tips for the wild chaos that might ensue. A section on logistics gives insider tips concerning gear, lodging, building a team, and the ever-present problem of cleaning up. Whether racing for fun or in it to win it, this is the one-stop guide for enduring the race from start to finish.



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