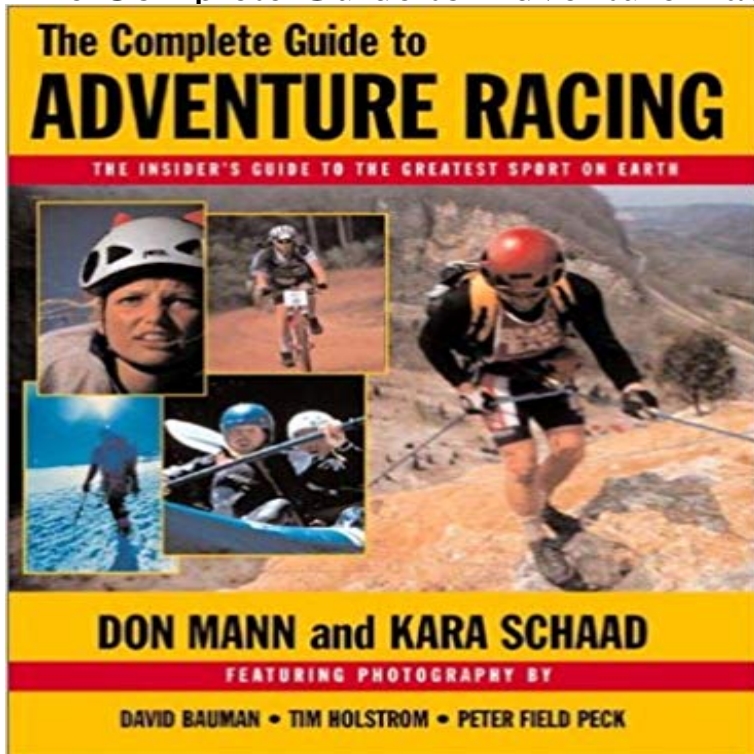


The Complete Guide to Adventure Racing



Adventure sports have seized the interest of the world. According to the National Sporting Goods Association (NSGA) 189 million outdoor enthusiasts in the U.S. were involved in adventure sports and travel in 1998. Millions of Americans are heading outside for fitness, self-discovery, and a closer connection to the environment, and many are creating a lifestyle out of it. Adventure racing is a new multi-discipline sport that requires individual will, endurance, survival skills, outdoor savvy, and teamwork to be successful. The duration of adventure races varies from one-day races to two-week expeditions requiring both day and night navigation through harsh and challenging terrain. The sport requires the athlete be versed in a variety of outdoor sports, have individual drive and the highest team skills. In *The Complete Guide to Adventure Racing*, you'll learn: the best techniques for biking, paddling, and climbing, gear selection, proper use, and preparation, navigation and orienteering essentials, tips on nutrition, hydration and health, team strategy and logistics, a comprehensive listing of schools, races from around the world and much more.

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