

OFF COURSE

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MUDDY WORLD
OF OBSTACLE COURSE
RACING
ERIN BERESINI



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Off Course Inside The Mad Muddy World Of Obstacle Course Racing

Ying Liu



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Off Course Erin Beresini, 2014 From a young journalist and seasoned athlete a funny fist pumping ride through the wacky world of obstacle course racing Tough Mudder Spartan Race etc

The Complete History of Cross-Country Running

Andrew Boyd Hutchinson, 2018-01-16 In The Complete History of Cross Country Running author Andrew Boyd Hutchinson captures the full history of cross country running from the early 1800s to the present day on both a national and international scale It includes chronicles of legendary teams inspirational tales of achievement controversies and interviews with record breaking runners past and present From Walter George and Alfred Shrubbs to Steve Prefontaine Bill Rogers and Galen Rupp and everyone in between Hutchinson uncovers all angles via training logs discussions with coaches and the review of newspaper archives for race results and forgotten storylines He offers commentary from Olympians such as David Torrence and Shannon Rowbury amongst others Along the way the book addresses the following topics How cross country began in England How the sport found its way to American colleges and universities The birth of the International Cross Country Championships All the close events including the 2012 race between Molly Huddle and Sara Hall at the US National Cross Country Championship And so much more

Defining Sport Shawn E. Klein, 2016-12-14

Defining Sport Conceptions and Borderlines is not about the variations of usage of the term sport It is about the concept the range of activities in the world that we unite into one idea sport It is through the project of defining sport that we can come to understand these activities better how they are similar or different and how they relate to other human endeavors This definitional inquiry and the deeper appreciation and apprehension of sport that follows is the core of this volume Part I examines several of the standard and influential approaches to defining sport Part II uses these approaches to examine various challenging borderline cases These chapters examine the interplay of the borderline cases with the definition and provide a more thorough and clearer understanding of both the definition and the given cases This work is not meant to be the definitive or exhaustive account of sport It is meant to inspire further thought and debate on just what sport is how it relates to other activities and human endeavors and what we can learn about ourselves through the study of sport This book will be of interest to scholars in philosophy of sport history communications sociology psychology sports management cultural studies and physical education

Ultimate Obstacle Race Training

Brett Stewart, 2012-12-11 Provides information on and workout regimens for the most extreme obstacle races including Warrior Dash the Del Mar Mud Run and Savage Race

Cruising World, 1985-07

Popular Mechanics, 1985-05 Popular Mechanics inspires instructs and influences readers to help them master the modern world Whether it's practical DIY home improvement tips gadgets and digital technology information on the newest cars or the latest breakthroughs in science PM is the ultimate guide to our high tech lifestyle

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