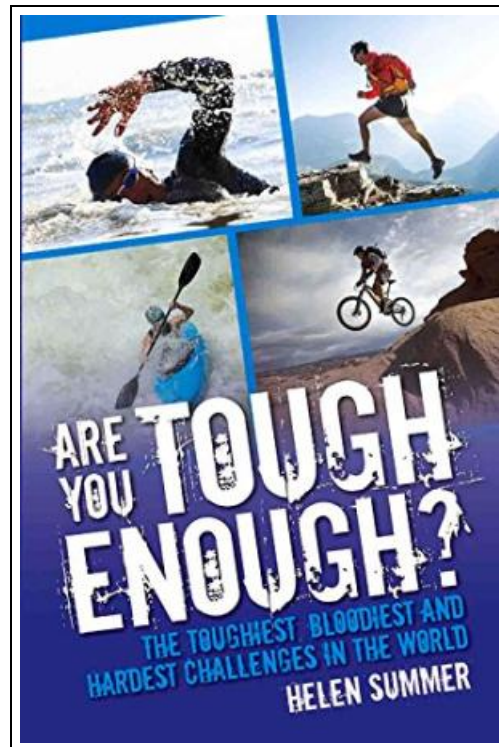


Are You Tough Enough?: The Toughest, Bloodiest and Hardest Challenges in the World



Filesize: 9.48 MB

Reviews

Basically no phrases to clarify. It really is written in straightforward phrases rather than hard to understand. You will not sense monotony at any moment of your own time (that's what catalogues are for concerning if you ask me).

(Doris Beier)

ARE YOU TOUGH ENOUGH?: THE TOUGHEST, BLOODIEST AND HARDEST CHALLENGES IN THE WORLD



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John Blake Publishing Ltd. Paperback. Book Condition: new. BRAND NEW, Are You Tough Enough?: The Toughest, Bloodiest and Hardest Challenges in the World, Helen Summer, Each year, thousands of competitors pit themselves against the elements, extremes of geography and their own psyches to take part in the world's hardest physical challenges. From the cold of the highest peaks to the unforgiving heat of the desert, by water, bike or foot seemingly ordinary people are undertaking extraordinary feats. Whether seeking to prove themselves as athletes, or attempting to escape the humdrum, one thing they all have in common is an unbreakable drive to test the very limits of their endurance. Are You Tough Enough? looks at over 60 of the most extreme marathons, triathlons, bike rides and other iconic endurance events from around the globe, taking in the hottest, coldest, highest and most remote locations, and the toughest, cruellest and wackiest challenges. With a detailed description of each event, featuring personal stories from competitors, this book offers massive highs and excruciating lows, showing just what we can achieve in pushing the bounds of human endeavour.



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