



Get Muddy: Personal Stories of Obstacle Course Racing (Paperback)

By Gail Waesche Kislevitz

BREAKAWAY BOOKS, 2015. Paperback. Condition: New. Language: English . Brand New Book. A collection of dramatic first-person stories about the experience of competing in obstacle course races (OCRs). In the style of First Marathons and Becoming an Ironman, these stories give the subjective experience of participating in the sport, either for the first time, or as a lifestyle. Get Muddy is a what s-it-like book more than a how-to, though there are practical tips aplenty throughout. OCR is the new series of events for people who have become bored with merely running a marathon, or doing a triathlon, or, say, completing Army boot camp. OCR involves a constantly changing combination of such challenges as: crawling under barbed wire, jumping over fire, spear throw, wall scaling, electric shocks, ice water baths--all while running a course that may be anywhere from three to ten miles, or more. Participation numbers for OCR are booming. Having started just a few years ago, Tough Mudder, Spartan Race, and Warrior Dash now see over a million participants per year combined. And new OCR series spring up constantly, like Mudderella (for women only), Civilian Military Combine, Savage Race, and Rugged Maniac. Just as marathons and 10Ks saw...



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Reviews

This pdf is really gripping and fascinating. It is actually full of knowledge and wisdom I am just delighted to tell you that this is the very best pdf i have got study during my very own daily life and might be he finest pdf for actually.

-- Ms. Althea Kassulke DDS

I just started looking over this ebook. I could possibly comprehended everything out of this published e publication. You are going to like the way the author compose this publication.

-- Giles Vandervort DDS