



The World's Toughest Endurance Challenges

By Richard Hoad, Paul Moore

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The World's Toughest Endurance Challenges profiles 50 of the most extreme marathons, triathlons, bike rides, adventure races, climbs, open-water swims and other iconic endurance events from around the world. Breathtaking full-color photographs and insider commentary from top athletes will thrill endurance athletes, extreme sports addicts, and outdoor adventurers of all stripes.

Across the world seemingly ordinary people are undertaking extraordinary challenges that will push their minds and bodies to achieve the impossible – by sea, bike, foot, or sled. For many, these once-in-a-lifetime experiences become strangely addictive. From the Badwater Ultramarathon in the unforgiving heat of Death Valley to the South Pole Race in the freezing wilderness of Antarctica, there is an unbreakable drive in these tenacious competitors to see just how far they can push themselves.

The World's Toughest Endurance Challenges is a truly inspiring and beautiful collection of what the human body can achieve when racing to the limits. With full-color amazing imagery and every detail of these cruel challenges, plus stories from competitors who have lived to tell the tale, this book is a wonderful testament to those who face Mother Nature and survive.

Arrowhead 135 | Leadville 100 | Western States 100 | Catalina Channel Swim | Race Across America | Manhattan Island Marathon Swim | Tevis Cup Ride | 24-Hour Track Race | Iditarod | Yukon Arctic Ultra | Yukon Quest | Badwater Ultramarathon | Furnace Creek 508 | 6633 Extreme Winter Ultra Marathon | Ultraman World Championships | Self Transcendence 3100 Mile Race | Patagonia Expedition Race | Jungle Marathon | La Ruta de Los Conquistadores | Norseman | Red Bull X-Alps | Trans Europe Footrace | Al Andalus Ultimate Trail Race | Ö Till Ö | La Haute Route | Enduroman Arch to Arc | Devizes to Westminster International Canoe Race | English Channel Swim | Race Around Ireland | Iron Bike | The Mountainman | Spartathlon | Kalahari Augrabies Extreme Marathon | Cadiz Freedom Swim | Cape Epic | Tour d'Afrique | Comrades Marathon | Dusi Cano Marathon | Marathon Des Sables | Great Wall Marathon | Yak Attack | Crocodile Trophy | Coast to Coast New Zealand | The Extreme World Races South Pole Race | Woodvale Challenge | 4 Deserts | Volvo Ocean Race | Adventure Racing World Series | Freediving | Vendée Globe

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Editorial Review

Review

“Fantastic! *The World's Toughest Endurance Challenges* brings every event to life with incredible stories and photographs. Having spent decades on many of these courses myself, it gave me goose bumps to see them captured in such vivid detail.” — **Ian Adamson, 7x Adventure Race World Champion, 3x ESPN X-Games Medal Winner, 3x Guinness World Record Holder for Endurance Kayaking**

About the Author

Richard Hoad is a qualified triathlon coach, regular competitor in triathlons of all distances and a sub-10 hour long-distance triathlon finisher.

Paul Moore is Head of Digital at one of the UK's largest triathlon magazines, *Triathlete Europe*. He is also a keen triathlete and competes in numerous multisports events around the world.

Users Review

From reader reviews:

Catherine Gabel:

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