



# The World's Toughest Endurance Challenges

By Richard Hoad, Paul Moore

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**The World's Toughest Endurance Challenges** By Richard Hoad, Paul Moore

*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

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Book will be written, printed, or illustrated for everything. You can understand everything you want by a publication. Book has a different type. As you may know that book is important thing to bring us around the world. Alongside that you can your reading ability was fluently. A publication The World's Toughest Endurance Challenges will make you to be smarter. You can feel a lot more confidence if you can know about everything. But some of you think this open or reading a new book make you bored. It's not make you fun. Why they can be thought like that? Have you searching for best book or acceptable book with you?

#### Karen Partain:

The actual book The World's Toughest Endurance Challenges has a lot info on it. So when you check out this book you can get a lot of gain. The book was written by the very famous author. Tom makes some research prior to write this book. This book very easy to read you will get the point easily after looking over this book.

#### Robert Lindsey:

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wandering in each aspect that maybe unfamiliar for but surely will end up your mind friends. Imaging every single word written in a e-book then become one web form conclusion and explanation which maybe you never get just before. The The World's Toughest Endurance Challenges giving you yet another experience more than blown away your mind but also giving you useful information for your better life in this particular era. So now let us teach you the relaxing pattern here is your body and mind will be pleased when you are finished looking at it, like winning a sport. Do you want to try this extraordinary investing spare time activity?

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