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# Obstacle Course Racing: The Ultimate Beginners Guide to Completing Your First Adventure Race

By Richard Bond

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0 of 1 review helpful Three Stars By Robin W Coffey Ok book A little redundant If you already have an interest and perhaps regularly take part in events such as half and full marathons or more challenging events such as the steeplechase triathlon or decathlon think of obstacle course racing as taking things to a whole new level Obstacle course races have replaced mere triathlons and the like as the contemporary measure of physical fitness with a very dominating element of sheer human willpower teamwork planning fun mental toughn

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