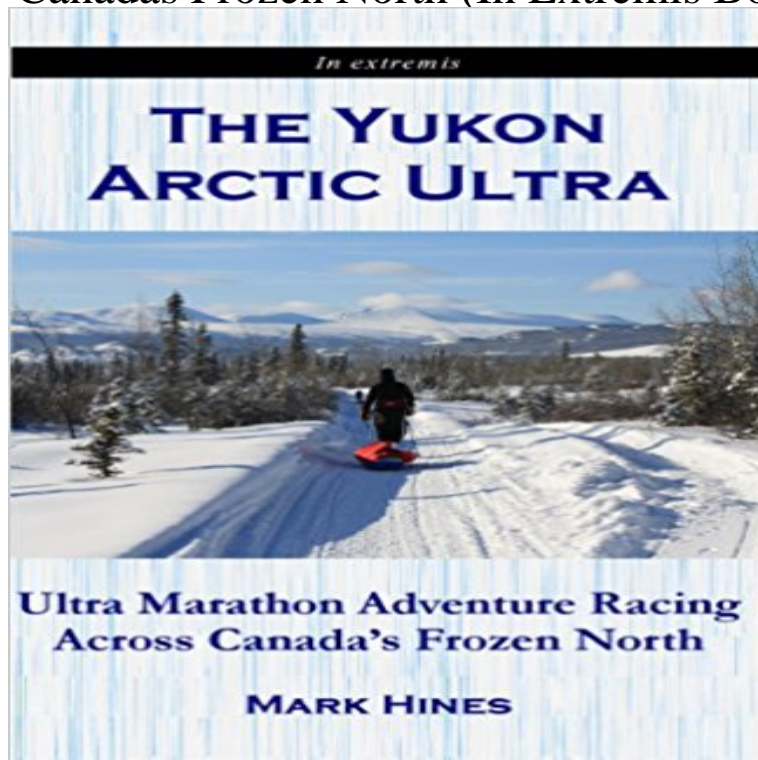


The Yukon Arctic Ultra: Ultra Marathon Adventure Racing Across Canadas Frozen North (In Extremis Book 3)



The Yukon Arctic Ultra has a strong claim to being the worlds coldest and toughest ultra. In 2007 the race was stopped when temperatures dropped below minus 60 Celsius, and the trail covers more than 430 miles over frozen lakes, rivers, hills and mountains. This book is the story of how exercise physiologist Mark Hines came to be one of the first people ever to complete this epic race. In keeping with the style and format of the other books in the in extremis series, The Yukon Arctic Ultra includes an in-depth scientific review, this time on exercise in the extreme cold, and a comprehensive appendices which includes recommendations on clothing, food and equipment. The book details an extraordinary volume of training in the build-up to the event, and is permeated by tales of what many consider to be the Spirit of the Yukon. The pace and distance of this event lends itself to far greater insights into the nature of ultra-endurance adventure racing, including the psychology and philosophy, which helps each racer to either succeed or fail in this harshest of environments.

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