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Suunto Core Quick Guide

“Drink as much as you can, even before you feel thirsty.” That's been the

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mantra to athletes and coaches for the past three decades, and bottled water and sports drinks have flourished into billion-dollar industries in the same

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short time. The problem is that an overhydrated athlete is at a performance disadvantage and at risk of exercise-associated hyponatremia (EAH)--a

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potentially fatal condition. Dr. Tim Noakes takes you inside the science of athlete hydration for a fascinating look at the human body's need for

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water and how it uses the liquids it ingests. He also chronicles the shaky research that reported findings contrary to results in nearly all of Noakes' extensive and

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***since-confirmed studies.
In Waterlogged, Noakes
sets the record straight,
exposing the myths
surrounding dehydration
and presenting up-to-
date hydration guidelines***

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for endurance sport and prolonged training activities. Enough with oversold sports drinks and obsessing over water consumption before, during, and after every

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workout, he says. Time for the facts—and the prevention of any more needless fatalities.

**** GPS chapter completely updated to reflect newer models and features of***

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GPS receivers now available * Expanded to include a section on routefinding on glaciers, along with additional information on changing declination * Extensive

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***illustrated examples of
orientation and
wilderness navigation
Proceed with confidence
when heading off-road or
off-trail with the second
edition of Wilderness***

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Navigation. Whether you are climbing a glacier, orienteering in the backcountry, or on an easy day hike, Mike and Bob Burns cover all the latest technology and

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time-tested methods to help you learn to navigate-from how to read a map to compasses and geomagnetism. Bob Burns is a long-time member of The

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Mountaineers. He has taught classes in the use of map and compass since the late 1970s. Mike Burns is an avid climber. He has instructed climbing and

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***navigation classes, and
written articles for
Climbing magazine. Part
of the The Mountaineers
Outdoor Basics series!
Created for beginning-to-
intermediate enthusiasts,***

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this series includes everything anyone would need to know about staying safe and having fun in the backcountry. 2018 version of the OSINT Tools and

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***Resources Handbook.
This version is almost
three times the size of
the last public release in
2016. It reflects the
changing intelligence
needs of our clients in***

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both the public and private sector, as well as the many areas we have been active in over the past two years.

A system of exercises for people who are unable to

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exercise outdoors. The developer was a famous runner of the late 1800's. He developed these exercises for muscles while not straining the body. He shared these

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training tips with other runners and colleges. The system has seen a revival in the 21st century and is used by many runners to improve their performance and

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technique.

***Cape Scott and the North
Coast Trail***

Fourth Edition

***Using R for Introductory
Statistics***

A Guide to Trail Running

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***Government reports
annual index***

***A Breakthrough Plan to
Lose Weight and Start
Cycling (No Experience
Necessary!)***

Best Hikes Near Seattle is more

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than a guidebook to trails 60 minutes or 60 miles from Seattle. The book also includes short natural history essays on topics as diverse as the sex life of banana slugs, to how plants get their names, and why you should

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respect but not fear bears and mountain lions. There is also an extensive section of weather, trail etiquette, hiking with dogs, what constitutes the "Ten Essentials," why judging trail mileage is an art - not a science, the flora and fauna

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of the Pacific Northwest, and the value of hikers lobbying for wilderness. The author also presents a history, warts and all, of the drive to operate our hiking trails as profit points for land-use agencies. And of course, as with all

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of the books in the Best Hikes series, useful trail specs and hike summaries are accompanied by easy-to-read maps and stunning photos.

The competitive sport of skyrunning is spreading

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throughout the world as new competitions and events are announced in countries across the globe. Emelie Forsberg, one of the most successful trail/sky runners in the world, shares her passion for running and how to get the

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most out of her body. Each chapter in the book, looks at ways to develop your skills, as well as immerse yourself in the moment. Emelie shares stories, recipes, yoga, techniques and strength training exercises as she shares

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her experiences from her career and from life. Sky Runner is about much more than running in the mountains, it's about living an outdoors lifestyle and enjoying the thrill of running in nature. Most importantly Emelie shares how to

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listen to your body and build both your mental and physical strength sustainably. Regardless of whether you're running three kilometres or 50 kilometres, this book will help improve your attitude to running and give it deeper meaning, while

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motivating you to be your best self. Sky Runner is filled with spectacular photographs taken by one of the world's most legendary mountain athletes.

Boost your energy, build muscle, lose fat, and improve your

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performance with the best-selling sports nutrition guide! The fifth edition includes the latest research on hydration, vitamins, supplements, energy drinks, organic foods, and balancing carbohydrate and protein intake

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*for exercise and competition.
High school students, two-year
college students, and university
students all need to know how to
write a well-reasoned, coherent
research paper—and for decades
Kate Turabian's Student's Guide to*

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Writing College Papers has helped them to develop this critical skill. In the new fourth edition of Turabian's popular guide, the team behind Chicago's widely respected The Craft of Research has reconceived and renewed this

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*classic for today's generation.
Designed for less advanced writers
than Turabian's Manual of Writers
of Research Papers, Theses, and
Dissertations, Seventh Edition,
Gregory G. Colomb and Joseph M.
Williams here introduce students*

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to the art of defining a topic, doing high-quality research with limited resources, and writing an engaging and solid college paper. The Student's Guide is organized into three sections that lead students through the process of

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developing and revising a paper. Part 1, "Writing Your Paper," guides students through the research process with discussions of choosing and developing a topic, validating sources, planning arguments, writing drafts, avoiding

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plagiarism, and presenting evidence in tables and figures. Part 2, "Citing Sources," begins with a succinct introduction to why citation is important and includes sections on the three major styles students might encounter in their

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work—Chicago, MLA, and APA—all with full coverage of electronic source citation. Part 3, "Style," covers all matters of style important to writers of college papers, from punctuation to spelling to presenting titles,

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names, and numbers. With the authority and clarity long associated with the name Turabian, the fourth edition of Student's Guide to Writing College Papers is both a solid introduction to the research process and a

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convenient handbook to the best practices of writing college papers. Classroom tested and filled with relevant examples and tips, this is a reference that students, and their teachers, will turn to again and again.

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Wilderness Navigation

Skin Diver

Your Best Triathlon

Training for the Uphill Athlete

Geomorphological Techniques

Shipwrecks of the Dominican

Republic and A Guide to Shipwreck

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Identification Through Recovered Artifacts

*Designed to be carried in the field,
this pocket-sized how-to book is a
practical guide to basic techniques in
mapping geological structures. In
addition to including the latest*

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computerised developments, the author provides succinct information on drawing cross-sections and preparing and presenting 'fair copy' maps and geological diagrams. Contains a brief chapter on the essentials of report writing and

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discusses how to keep adequate field notebooks. A checklist of equipment needed in the field can be found in the appendices. Quote from 3rd edition "provides a wealth of good advice on how to measure, record and write reports of geological field

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*observations" The Naturalist
Inspiration and practical tips for
runners who prioritize enjoyment over
pace and embrace their place as an
"average" runner In her first book,
popular runner blogger Amanda
Brooks lays out the path to finding*

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greater fulfillment in running for those who consider themselves "middle of the pack runners" -- they're not trying to win Boston (or even qualify for Boston); they just want to get strong and stay injury-free so they can continue to enjoy

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running. Run to the Finish is not your typical running book. While it is filled with useful strategic training advice throughout, at its core, it is about embracing your place in the middle of the pack with humor and learning to love the run you've got without

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*comparing yourself to other runners.
Mixing practical advice like
understanding the discomfort vs.
pain, the mental side of running, and
movements to treat the most common
injuries with more playful elements
such as "Favorite hilarious marathon*

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signs" and "Weird Thoughts We all Have at the Start Line," Brooks is the down-to-earth, inspiring guide for everyone who wants to be happier with their run.

The second edition of a bestselling textbook, Using R for Introductory

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Statistics guides students through the basics of R, helping them overcome the sometimes steep learning curve. The author does this by breaking the material down into small, task-oriented steps. The second edition maintains the features that made the

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first edition so popular, while updating data, examples, and changes to R in line with the current version. See What's New in the Second Edition: Increased emphasis on more idiomatic R provides a grounding in the functionality of base R.

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Discussions of the use of RStudio helps new R users avoid as many pitfalls as possible. Use of knitr package makes code easier to read and therefore easier to reason about. Additional information on computer-intensive approaches motivates the

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traditional approach. Updated examples and data make the information current and topical. The book has an accompanying package, UsingR, available from CRAN, R's repository of user-contributed packages. The package contains the

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data sets mentioned in the text (data(package="UsingR")), answers to selected problems (answers()), a few demonstrations (demo()), the errata (errata()), and sample code from the text. The topics of this text line up closely with traditional

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teaching progression; however, the book also highlights computer-intensive approaches to motivate the more traditional approach. The authors emphasize realistic data and examples and rely on visualization techniques to gather insight. They

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introduce statistics and R seamlessly, giving students the tools they need to use R and the information they need to navigate the sometimes complex world of statistical computing.

Part trail map, part field guide, part regional history, Cape Scott and the

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North Coast Trail is the first comprehensive guidebook about one of Vancouver Island's most iconic destinations. Each year, thousands of backpackers and nature lovers head to the northern limits of Vancouver Island, bound for the jewel of the

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region: Cape Scott Provincial Park and the recently completed North Coast Trail. Cape Scott, 115 kilometres of wave- and weather-beaten coastline, encompasses every dramatic element of Pacific Northwest geography. Rocky

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headlands neighbour sandy beaches and protected coves; bogs house sensitive amphibians and plants; and inland, a dense network of towering conifers, ferns, salal and beds of moss define the rainforest. The North Coast Trail wends its way through

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this paradise, offering hikers a rugged trek to Cape Sutil, a place steeped in First Nations history, beautiful ocean views along the long sandy beach at Shuttleworth Bight and glimpses of one of the largest intact coastal wetlands in British

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Columbia, an upland bog housing sandhill cranes and a variety of endemic species. Cape Scott and the North Coast Trail equips visitors with everything they need to know to make the most of the park. Illustrated with accurate maps and vivid photographs,

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and loaded with details about biology and human history, the guide is perfect for the day tripper, serious backpacker or anyone wanting to learn more about the culture and wildlife of the region.

Scrambles Amongst the Alps in the

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Years 1860-69

Monitoring Biodiversity

The 100-Up Exercise

American Cinematographer

Be Expert With Map and Compass

The Everyday Runner's Guide to

Avoiding Injury, Ignoring the Clock,

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and Loving the Run

"A show-and-tell guide to clothing, footwear, backpacks, shelter and sleep systems, camp stoves, and more, as well as tips on foot care, campsite selection, and hiking

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efficiency, this single book contains all the knowledge you'll need to hit the trail, "--Amazon.com.

This book is written as a practical field manual to effective. Each geologist has to develop his/her be

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used by geologists engaged in mineral exploration techniques and will ultimately be judged on merit. It is also hoped that it will serve as a text book, not the process by which these results and

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reference for students in Applied Geology were reached. In mineral exploration, the only courses of universities and colleges. The book 'right' way of doing anything is the way that aims to outline

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some of the practical skills that locates ore in the quickest and most cost-effective turn the graduate geologist into an explorer. It is preferable, however, for an individual geologist. It is intended

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as a practical 'how to' manual
to develop his/her own
method of operation book,
rather than as a text on
geological or ore after
having tried, and become
aware of, those deposit
theory. procedures which

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experience has shown to work
An explorationist is a
professional who search well
and which are generally
accepted in industry as
good exploration practice.
es for ore bodies in a
scientific and structured

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way. Although an awkward and artificial term, The chapters of the book approximately fol this is the only available word to describe the low the steps which a typical exploration pro totality of the skills

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which are needed to locate
gramme would go through. In
Chapter 1, the and define
economic mineralization.
Backpacker brings the
outdoors straight to the
reader's doorstep, inspiring
and enabling them to go more

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places and enjoy nature more often. The authority on active adventure, Backpacker is the world's first GPS-enabled magazine, and the only magazine whose editors personally test the hiking trails, camping gear, and

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survival tips they publish. Backpacker's Editors' Choice Awards, an industry honor recognizing design, feature and product innovation, has become the gold standard against which all other outdoor-industry awards are

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measured.

The year is 2108, and the North American Commonwealth is bursting at the seams.

For welfare rats like Andrew Grayson, there are only two ways out of the crime-ridden and filthy welfare

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tenements: You can hope to win the lottery and draw a ticket on a colony ship settling off-world, or you can join the service. Andrew chooses to enlist in the armed forces. But as he starts a career of supposed

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privilege, he soon learns that good food and decent health care come at a steep price.

Terms of Enlistment

The Ultimate Hiker's Gear
Guide

Student's Guide to Writing

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College Papers

Best Hikes Near Seattle

Hiking Vancouver Island's

Wildest Coast

Lessons from a Trans-Andean

Megaproject

Need directions? Are you good
at getting lost? Then GPS is

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just the technology you've dreamed of, and GPS For Dummies is what you need to help you make the most of it. If you have a GPS unit or plan to buy one, GPS For Dummies, 2nd Edition helps you compare

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GPS technologies, units, and uses. You'll find out how to create and use digital maps and learn about waypoints, tracks, coordinate systems, and other key point to using GPS technology. Get more

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from your GPS device by learning to use Web-hosted mapping services and even how to turn your cell phone or PDA into a GPS receiver. You'll also discover: Up-to-date information on the capabilities

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of popular handheld and automotive Global Positioning Systems How to read a map and how to get more from the free maps available online The capabilities and limitations of GPS technology, and how

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satellites and radio systems
make GPS work How to
interface your GPS receiver
with your computer and what
digital mapping software can
offer Why a cell phone with
GPS capability isn't the same

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as a GPS unit What can affect your GPS reading and how accurate it will be How to use Street Atlas USA, TopoFusion, Google Earth, and other tools Fun things to do with GPS, such as exploring

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topographical maps, aerial imagery, and the sport of geocaching Most GPS receivers do much more than their owners realize. With GPS For Dummies, 2nd Edition in hand, you'll venture forth with

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confidence!

Many of the earliest books, particularly those dating back to the 1900s and before, are now extremely scarce and increasingly expensive. We are republishing these classic

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works in affordable, high quality, modern editions, using the original text and artwork. Lonely Planet BlueList captures the best in travel - a collection of trends, destinations, journeys and experiences for

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the year ahead. Drawing on the knowledge, passion and miles travelled by the Lonely Planet community of authors, staff and travellers, and covering every country in the world, this year's edition is a

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selection of the best places to go and things to do all around the world right now.

GEOLOGICAL FIELD

TECHNIQUES The

understanding of Earth

processes and environments

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over geological time is highly dependent upon both the experience that can only be gained through doing fieldwork, and the collection of reliable data and appropriate samples in the field. This

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textbook explains the main data gathering techniques used by geologists in the field and the reasons for these, with emphasis throughout on how to make effective field observations and record these

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in suitable formats. Equal weight is given to assembling field observations from igneous, metamorphic and sedimentary rock types. There are also substantial chapters on producing a field notebook,

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collecting structural information, recording fossil data and constructing geological maps. Geological Field Techniques is designed for students, amateur enthusiasts and professionals

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who have a background in geology and wish to collect field data on rocks and geological features. Teaching aspects of this textbook include: step-by-step guides to essential practical skills such

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as using a compass-clinometer, making a geological map and drawing a field sketch; tricks of the trade, checklists, flow charts and short worked examples; over 200 illustrations of a wide range of

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field notes, maps and geological features; appendices with the commonly used rock description and classification diagrams; a supporting website hosted by Wiley-Blackwell is available at

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www.wiley.com/go/coe/geology

Run to the Finish
Finding Your Way Using Map,
Compass, Altimeter, & GPS
Lonely Planet Blue List
Wanderlust USA

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100 Dives of a Lifetime

The Safari Companion

Every year, countless runners, endurance athletes, and outdoor enthusiasts discover the sport of trail running. Whether they run for peace of mind, appreciation of nature, or

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competition, they find a sport unlike any other. *Where the Road Ends: A Guide to Trail Running* captures the excitement, intensity, and appeal of the outdoors. From training and preparation to overcoming nature's obstacles, it's all here, accompanied

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by detailed instruction, expert insights, and stunning color photography. Inside you'll find these features:

- Techniques for running over dirt, sand, roots, and rock
- Equipment recommendations based on terrain, distance, and

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conditions • Safety guidelines for navigation, injury, and water crossings • Conditioning programs for all levels of runners • Strategies for improving race-day performance
Whether you are an experienced road runner looking for new

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challenges or an extreme athlete pushing your physical limits, look no further than *Where the Road Ends*, the authoritative guide for conquering the trails, terrain, and conditions of the great outdoors. Filled with more than 350 images

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from National Geographic, 100 Dives of a Lifetime provides the ultimate bucket list for ardent scuba divers and aspirational travelers alike. From diving with manta rays at night in Kona, Hawaii, and swimming with hammerheads of

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Cocos Island in Costa Rica to exploring caves in Belize's Lighthouse Atoll and diving beneath the ice floes of Antarctica, this exquisite inspirational book is filled with beautiful imagery, marine life guides, trusted travel tips, and expert

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diving advice from world-famous National Geographic divers and explorers like Brian Skerry, Jessica Cramp, and David Doubilet.

Organized by diving experience and certification level, each location offers a once-in-a-lifetime

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opportunity to explore the magic of our world's oceans--from your armchair or with your scuba gear in tow.

A complete guide to shedding pounds, burning fat, and strengthening one's core through

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cycling In just 12-weeks, beginner- and experienced- cyclists alike will learn the heart-pumping techniques designed to lose the weight, rediscover the thrill, and welcome challenges of bicycling! With delicious nutritional information,

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tips, training plans, and core-strengthening exercises, readers will see the pounds melt off while having the time of their lives. With *Bike Your Butt Off!*, the synergy of weight loss and cycling has never been easier to adopt. Author Selene

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Yeager guides the beginning cyclist through exercises, goals, and techniques in order to lose the weight and nourish a love for cycling. With the economic climate in this country, cycling is enjoying its renaissance as people by the

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millions are turning to this iconic pastime in this country. Along with the weight epidemic, these two movements go hand in hand in helping each other lose the pounds, and rediscover this enjoyable, nostalgic activity, with more than 57

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million people in the United States alone who use bicycles regularly. With weight loss/fat loss goals, Yeager highlights fat-burning and heart-pumping exercises to help maximize one's workout, along with nutritionist Leslie Bonci's

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health expertise. Whether the reader has just a little bit of weight to lose, or really quite a lot, *Bike Your Butt Off!* will help him or her to meet their weight-loss goals in no time—thanks to its expert-tested food and exercise plans.

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Your Best Triathlon is a master plan that will guide experienced triathletes through every week of their season. For each phase of training, Joe lays out the path to success, outlining clear objectives and the guidelines to meet them. Joe

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Friel's highly refined training plans for sprint, Olympic, half-Ironman®, and Ironman® race distances will help serious triathletes deliver a breakout performance, even those with countless races under their belt. Joe offers a tool kit of proven

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workouts that will isolate and develop specific abilities. Within each workout and plan, he offers easy modifications to better manage personal limiters and improve performance. Hundreds of thousands of triathletes have relied on Joe Friel

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and his groundbreaking best seller, *The Triathlete's Training Bible*, to develop their own self-coached training programs. Now Joe Friel, the most experienced coach in triathlon, reveals his formula for advanced training and coaches

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triathletes to their best race ever.

The Best in Travel 2007

The Serious Problem of

Overhydration in Endurance Sports

Backpacker

Bike Your Butt Off!

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Advanced Training for Serious Triathletes

The book compiles case studies regarding the biodiversity research and monitoring program of Andean species and habitats carefully chosen as indicators to assess the short- and long-

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term effects of a linear disturbance: the PERU LNG pipeline. Set in a scientifically unexplored region of the Andes, Monitoring Biodiversity clearly articulates the Smithsonian-led conceptual framework for the implementation in the field by

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scientists. It addresses scientific and conservation questions addressed by the research protocols, the experimental design, and data gathering. Moreover, the book covers a gap on how to integrate biodiversity research, monitoring, and conservation

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into sustainable development projects of national and international interest. The text is presented in both English and Spanish.

Since its original publication in 1993, The Safari Companion has been the best field guide to observing and

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understanding the behavior of African mammals. An indispensable tool for naturalists traveling to Africa, this new edition has been revised to acknowledge the enthusiasm to those watching these magnificent animals at zoos and wildlife parks, and on film.

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The Safari Companion enables readers to recognize and interpret visible behavioral activities, such as courtship rituals, territorial marking, aggression, and care of young. Each account of over 80 species includes a behavioral table in which the unique actions of the

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hoofed mammals, carnivores, and primates are described for easy reference. In addition, useful maps show the major national boundaries, vegetation zones, and game parks relevant to the guide. The book includes an extensive glossary, as well

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as tips on wildlife photography, a list of organizations working to protect African wildlife, and advice on where and when to see the animals.

The specialist contributors to Geomorphological Techniques have thoroughly augmented and updated

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their original, authoritative coverage with critical evaluations of major recent developments in this field. A new chapter on neotectonics reflects the impact of developments in tectonic theory, and heavily revised sections deal with advances in remote sensing,

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image analysis, radiometric dating, geomorphometry, data loggers, radioactive tracers, and the determination of pore water pressure and the rates of denudation. Long-distance trekking, short day trips out of town, an extended weekend

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escapade; the first series installment of our bestselling Wanderlust has it all. Experienced outdoor enthusiasts and those lacing-up their boots for their first time: prepare to hike the diverse American landscape. Whether aiming to conquer epic expeditions, or simply

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complete a day hike to recharge, paths of every size await the intrepid wayfarer in *Wanderlust USA*, a book that serves as a blueprint for adventurous souls in search of new summits. Stunning photography and insightful tips from veteran long-

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distance hiker Cam Honan bring many bucolic treks to life, including the unmissable California ancient redwoods and misty waterfalls of Yosemite Park, as well as Utah's dramatic canyons, and the Atlantic cliffs of Maine.

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Where the Road Ends

Geological Field Techniques

Wilderness & Travel Medicine

GPS For Dummies

The coach from Born to Run shows
how to get the most from your miles -
and from yourself

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A Comprehensive Guide, 4th Edition

Presents training principles for the multisport mountain athlete who regularly participates in a mix of distance running, ski

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mountaineering, and
other endurance sports
that require optimum
fitness and customized
strength

Eric Orton has spent a
lifetime learning about

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running and the
limitless possibilities
of the human body and
mind, and now he is
ready to share his
knowledge in a book that
will open up a new world

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of achievement for runners everywhere. For Orton, this is a chance to instruct and inspire. For the running reader, it is a chance to make amazing new strides. The

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Cool Impossible is intended for runners and aspiring runners of all levels of ability and experience, from those contemplating their first steps, to seasoned

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marathoners seeking to unlock the full range of their capabilities. Starting from the feet up, Eric guides the reader through his technique for building

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the perfect running
body. With
characteristic
enthusiasm and
directness, Orton will
draw on the inspiration
of the Tarahumara Indian

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runners and take the reader through his devoted training programme, complete with advice on nutrition and real-world applications, as well as Orton's

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concept of The Cool Impossible, the belief that 'the greatest reward from running is the opportunity to do more', not just in running but in life in

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general.

Backpacker

CLICK HERE to download

the section from

Wilderness & Travel

Medicine on "Chest &

Abdominal Injuries" *

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**Author is a nationally
recognized expert in
wilderness medicine *
Covers both illnesses
and injuries * Includes
improvised techniques
for when medical**

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supplies aren't on hand
* Every section has been
updated and new
illustrations added to
this edition First
published in 1992,
Wilderness & Travel

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Medicine has been a staple of the emergency first-aid kits sold worldwide by Adventure Medical Kits. With this fourth edition, Mountaineers Books and

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**Adventure Medical Kits
have partnered to
release an updated,
standalone reference for
anyone who ventures away
from civilization.**

Topics covered include

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everything from CPR,
shock, and fractures to
head, eye, and dental
injuries, poisonous
reactions, frostbite,
hypothermia, heat
illness, and much, much

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more. Throughout the text, sidebars provide useful and improvised techniques for specific injuries. In addition, there is "When to Worry" advice explaining how to

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tell if an injury is
advancing in severity,
despite attempts to
arrest or slow down
dangerous symptoms.

**A Guide to Watching
African Mammals**

Access Free Suunto Core Quick Guide

Including Hoofed
Mammals, Carnivores, and
Primates

Nancy Clark's Sports
Nutrition Guidebook, 5E

Sky Runner

Waterlogged

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**Munsell soil color
charts**

Basic Geological Mapping