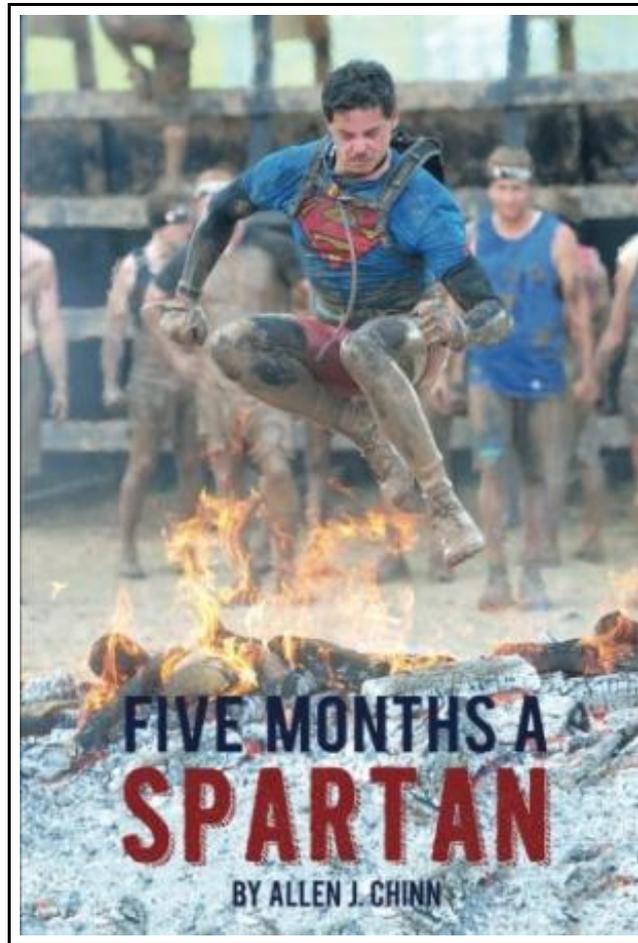


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FIVE MONTHS A SPARTAN (PAPERBACK)



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Lulu.com, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.FIVE MONTHS A SPARTAN is an inspirational story of how my son s new interest of obstacle course racing became a five month whirlwind obsession. No one does thirteen obstacle course events and numerous volunteer and promotional events in their first five months of competing. He tested himself with physical challenges that he never imagined. His mental toughness was challenged with each course. Then imagine the elements of extreme heat, snow, or lightning. The five month tour had long driving trips to Alberta, British Columbia, Idaho, Utah, Lake Tahoe, Montana and others. One never knows what they are truly made of until they are tested beyond their limits. Participating in Spartan Races, Spartan Hurricane Heat, Rugged Maniac, Tough Mudder and Warrior Dash, were indeed great tests of endurance, strength, speed and tenacity.



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