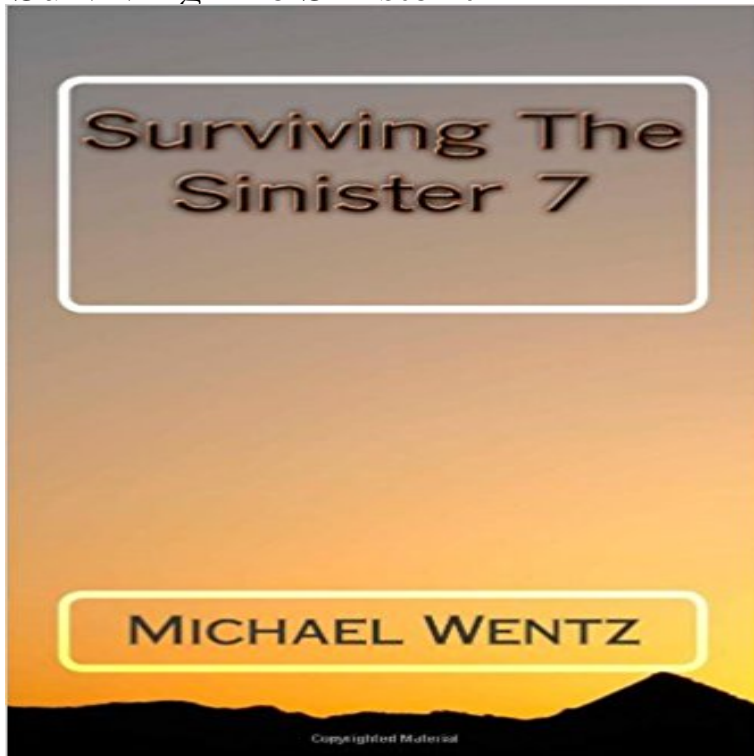


## Surviving The Sinister 7



Are you thinking of participating in the Sinister 7 in 2012? How about 2013 or maybe 2014? If the answer is yes, then you have just made one of the most paramount decisions of your life! As you may well know (or maybe not), this race is truly challenging and will push your physical and mental capacities to the limit. The Sinister 7, to put it bluntly, is one of Canada's toughest ultra marathons if not the toughest. The monster of a course they call The Sinister 7 traverses 148 kilometers through The Crowsnest Pass with approximately 10,500 meters (~34,000 feet) of elevation change. This book will help train you physically, prepare you mentally, and most of all, will help you get across that finish line. With a lot of hard work, dedication, commitment, and learning and using the tips and hints from this book, you will have a complete toolset that will help you complete this race and finish with your body still in one piece!

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