

**MUD, GUTS & GLORY: TIPS & TRAINING FOR
EXTREME OBSTACLE RACING**

Marrie Ellwood

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My next Toughest event is that of Malmo. It happens in the computer industry, it happens in the automobile industry. What mudruns are on your calendar for the fall race season? Hurtles II resembles a series of animal pens, around 60ft in length. See anything you like? Imagine yourself in the worst situations on race day, imagine yourself fatigued and hurt!