

# Extreme Sports



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"Pushing the limits." Extreme sports vigorously test the limits of an individual's strength, agility, and courage. One's adversary in these sports is not another athlete but the forces of nature, particularly gravity. Extreme Sports celebrates the wild world of high adrenaline sports with concise profiles of forty-one sports. The sports range from bungee jumping to whitewater rafting. Each sport is described with lively text and illustrated with dynamic action photography. The sports featured in Extreme Sports are organized alphabetically in three major sections: Nine Air Sports: BASE jumping, ballooning, hang gliding, sky diving, sky surfing, etc. Seventeen Land Sports: Ice climbing, ice yachting, mountain boarding, skateboarding, street luge, etc. Fifteen Water Sports: Jetskiing, power boating, snorkeling, wakeboarding, windsurfing, etc. Extreme Sports also features less known sports, such as freediving: a sport that requires participants to swim into the deepest reaches of the ocean carrying only the air they hold in their lungs. Freedivers have pushed the limits of unassisted breathing dives to go below 400 feet. The book includes an extensive list of books, magazines, associations and clubs that would-be extreme athletes can contact to obtain more information for each sport. Although participating in extreme sports is clearly not for every sports enthusiast, Extreme Sports is.

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