

# Encyclopedia of Extreme Sports



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Difficult terrain, death-defying speeds, and daredevil stunts; all in a day's work if you're

an extreme sports enthusiast. This reference traces the evolution of the most adventurous - and adrenaline inducing - land, water, and air sports. Over 100 entries highlight the star athletes, extreme sport competitions, pro techniques, requisite equipment and clothing, and more. Students and extreme sport enthusiasts will not only learn about the sports themselves, but also about the techniques, innovations, engineering, and physics behind them. Inside, readers will discover: BASE Jumping; hang gliding; caving; mountain biking; cross-country racing; barefoot waterskiing; Bungee jumping; BMX racing; eco-challenge; EXPN; extreme sports camps; gravity games; ice climbing; inline skating; rock climbing; sandboarding; skiing; sky diving; snowboarding; surfing; wave jumping; X Games; and, more.

作者介绍:

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