



## Racing to the Sky: One Woman's Extreme Adventure in the 2015 Red Bull X-Alps (Paperback)

By Dawn Westrum

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.When the starting gun sounds, athletes shoulder their backpacks in Salzburg, Austria, and race to the top of the nearest hill. There they lay out their paragliders, pray for good winds, and attempt to fly all the way to Monaco. This is the Red Bull X-Alps, proclaimed as the toughest adventure race in the world. In 2015, Dawn Westrum was selected to compete in this elite, male-dominated race. As one of the first women in the race since 2005, can she prove that women have the skill, endurance, and strength to avoid elimination and make it to Monaco? Every two years, thirty-three athletes converge in Austria, where they paraglide and hike across the Alps to the sea. Over the course of two weeks, athletes make their way across six countries, by foot or in the air. Along the way, competitors battle fierce winds, changing weather, blisters, rain, and record-breaking heat. This is the story of Dawn's incredible race, but also gives insight to the vast amounts of preparation and training required to be selected for the Red Bull X-Alps....

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