

21

FALL/
WINTER
CATALOG



MOUNTAINEERS BOOKS



MOUNTAINEERS BOOKS

SKIPSTONE BRAIDED RIVER

recreation • lifestyle • conservation

Mountaineers Books is an independent nonprofit publisher



MOUNTAINEERS BOOKS is the publishing division of The Mountaineers, a nonprofit membership organization that has been a leader in outdoor education for more than 100 years. Mountaineers Books publishes regional activity guidebooks, sports instructional texts, and nonfiction adventures.



Photo by Bonnie Henderson, from *Hiking the Oregon Coast Trail*

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SKIPSTONE is our imprint for people striving to live a sustainable lifestyle, which for us means digging in the garden, thinking about what we eat, treating all creatures with respect, and finding ways to reduce our carbon footprint.

BRAIDED RIVER features our conservation titles, which use the emotive power of books as key tools in advocacy campaigns. We work with well-known nonprofit partners and reach millions of passionate citizens with messages for solving problems to make the world a better place for present and future generations.

SETH KANTNER

author of *Ordinary Wolves*



A THOUSAND TRAILS HOME

LIVING WITH CARIBOU

A THOUSAND TRAILS HOME

Living with Caribou

SETH KANTNER

AVAILABLE IN SEPTEMBER

320 pages | 7 x 8½ | \$28.95 | hardcover

120 color photos | 1 map

ISBN 978-1-59485-970-0 | ebook 978-1-59485-971-7

Natural History/Alaska/Memoir | Rights: World

An extraordinary and intimate exploration of Alaska's modern landscape, communities, and iconic wildlife

- Bestselling, award-winning author of *Ordinary Wolves*, a debut novel *Publisher's Weekly* called "a tour de force"
- Conservation-based story of changing Arctic from an on-the-ground perspective
- Features full-color photography throughout

A stunningly lyrical firsthand account of a life spent hunting, studying, and living alongside caribou, *A Thousand Trails Home* encompasses the historical past and present day, revealing the fragile intertwined lives of people and animals surviving on an uncertain landscape of cultural and climatic change sweeping the Alaskan Arctic.

Author Seth Kantner vividly illuminates this critical story about the interconnectedness of the Iñupiat of Northwest Alaska, the Western Arctic Caribou Herd, and the larger Arctic region. This story has global relevance as it takes place in one of the largest remaining intact wilderness ecosystems on the planet, ground zero for climate change in the US. This compelling and complex tale revolves around the politics of caribou, race relations, urban vs. rural demands, subsistence vs. sport hunting, and cultural priorities vs. resource extraction—a story that requires a fearless writer with an honest voice and an open heart.



James O Martin

SETH KANTNER was born and raised in northern Alaska and has worked as a trapper, wilderness guide, wildlife photographer, gardening teacher, and adjunct professor. His writing has appeared in *The New York Times*, *Outside*, *Orion*, and *Smithsonian*. Kantner is the author of the award-winning novel *Ordinary Wolves*, memoir *Shopping for Porcupine*, and collection of essays *Swallowed by the Great Land: And Other Dispatches from Alaska's Frontier*. He has been a commercial fisherman in Kotzebue Sound for more than four decades and lives in the Northwest Arctic.

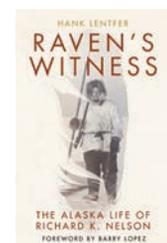
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MORE ALASKA MEMOIR



EXCERPT

from *A Thousand Trails Home*

The night is cold and frosty, and again I'm standing out at the edge of a vast tundra, alone and listening to the immense silence, absorbing the arrival of winter and the Darkness. I shiver and shift, and the snow squeaks under my boots. On a tripod beside me, my camera perches, heavy and black and frozen. I'm on a high ridge along the Noatak River where I've built a small cabin for my daughter. A few yards away in the dark are crosses, grave markers, my only companions for the last month.

Overhead, a faint-green glow condenses like fog in front of the stars, and I consider attempting a photo but I don't move toward my camera. From down the hill at the shore comes the eerie sound of new ice sheets settling, booming and echoing as huge fractures spear across the frozen river. Instinctively I glance over my shoulder in the darkness at the wooden crosses, rounded and thick with frost. I search in myself for fear and find none. I never knew these elders buried in this frozen ground but they feel benevolent.

My gaze roves farther, peering about for a late grizzly bear who has been out recently. It feels like an acquaintance of sorts, too, although one I trust less.

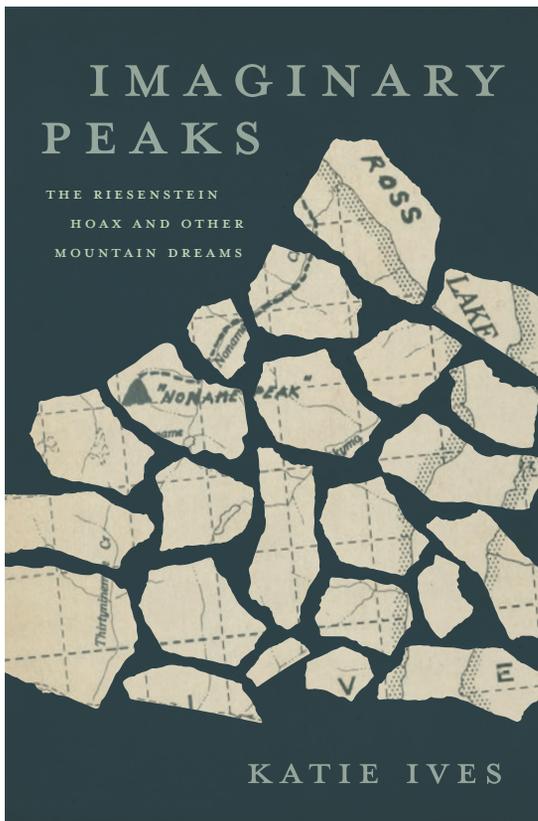


I turn back to the open tundra. The aurora has brightened. The outlines of mountains are visible now, reaching tall against the night sky. This is a big place, a broad valley where hills and mountains ring the vast plain of the Noatak flats. Fog is forming down in the flats, and I peer into the night straining to spot the dots of caribou. There is no movement. I see only dark lines of brush and the black silhouettes of small spruce trees scattered here and there, standing in snow and cold silence.

I imagine caribou out in this night—with no warm cabin nearby, no woodstove, no light, no AM radio. I picture a small herd: some animals alert, others resting, sleeping a few fitful moments and waking with a start to stare wide-eyed into this darkness—this night and every night—forever on guard, aware that each instant is eligible for a surprise attack, to be chased by jaws and claws, torn to shreds, killed, eaten.

What sort of life would that be? I wonder. To the north, a single faint light is visible, and gone, and visible again—a beacon on the airstrip at the village of Noatak, twenty miles away—a piercing reminder of the modern world. A Noatak man, an acquaintance named David Kelsey, told me this ridge once held a reindeer herders' camp. I don't know that history, but tonight standing here I can feel the old days, and the future too.





IMAGINARY PEAKS

The Riesenstein Hoax and Other Mountain Dreams

KATIE IVES

AVAILABLE IN OCTOBER

304 pages | 6 x 9 | \$26.95 | hardcover

ISBN 978-1-68051-541-1 | ebook 978-1-59485-981-6

Adventure/Geography/History | Rights: World

Intriguing true tale of adventure and mystery: the desire for first ascents, the lure of the unexplored, and the ageless appeal of imaginary peaks and places

- Author is a renowned writer in international climbing community
- Fascinating story of hoax that inspired a quest for a North American Shangri-La
- Vivid recounting of fabled mountains from across the world

Using an infamous deception about a fake mountain range in British Columbia as her jumping-off point, Katie Ives, the well-known editor of *Alpinist*, explores the lure of blank spaces on the map and the value of the imagination. In *Imaginary Peaks* she details the cartographical mystery of the Riesenstein Hoax within the larger context of climbing history and the seemingly endless quest for newly discovered peaks and claims of first ascents.

Imaginary Peaks is an evocative, thought-provoking tale, immersed in the literature of exploration, study of maps, and basic human desire.



David J. Swift

KATIE IVES'S writing has appeared in numerous publications, including *The New York Times*, *Outside*, *The Rumpus*, and *Adventure Journal*, as well as the anthologies *Rock, Paper, Fire: The Best of Mountain and Wilderness Writing* and *Waymaking: An Anthology of Women's Adventure Writing, Poetry and Art*. In 2016 she received the H. Adams Carter Literary Award from the American Alpine Club. She has participated in the Banff Mountain and Wilderness Writing Program and has served as a judge for the Boardman-Tasker Award, and a jury member, panelist, and panel moderator at the Banff Mountain Book Festival. Ives is editor in chief at *Alpinist* magazine and lives in Cambridge, Vermont. This is her first book.

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EXCERPT

(from *Imaginary Peaks*, by
Katie Ives)

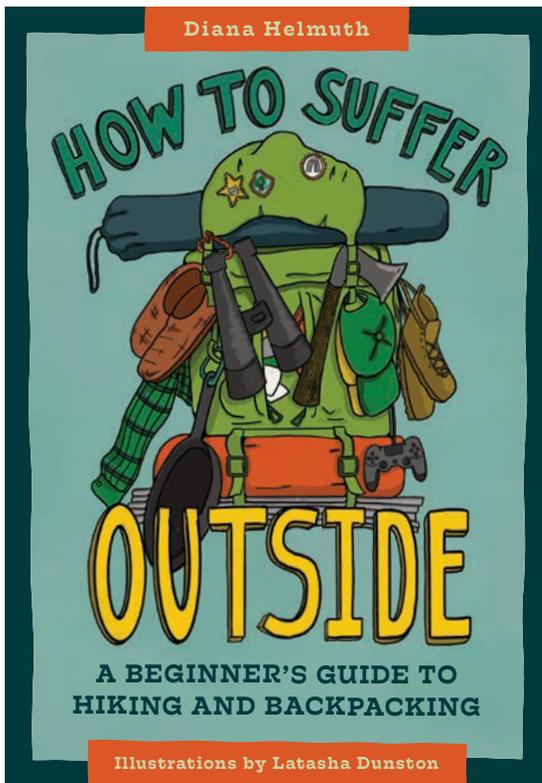
Austin and Harvey, even more than Ed, were known for their offbeat humor. The Northwest climbing community was still relatively small in the 1960s, and such kindred spirits would have naturally become friends. Perhaps a prank became inevitable once the three men got together and realized the opportunities presented by so many little-known mountains. Perhaps the surreal appearance of the spires and other “long-vanished uplands” proved too alluring to their combined imaginations, a Tolkienesque landscape of lost worlds.

Back in Washington State in 1961, Austin brought prints of his aerial photos to Ed’s house to show him and Harvey. The three men amused themselves by laying the images on the living-room floor and pointing out potential routes on unfamiliar peaks. The spines of eerie rock towers caught their eyes. They realized it was possible that no climbers had ever seen the Kichatnas. Someone (likely Harvey) started drawing lines that indicated imaginary routes on one photo. The others joined him. “Some really terrific routes were inked in,” Austin wrote to me in 2011. “Ed (or Harvey, I forget which), spoke in a voice of hushed reverence, ‘Ah! *The Riesenstein*.’ And thus the hoax was inspired.”

The trio composed the story from the point of view of a Canadian writer who had allegedly spoken with the Austrians. For extra plausibility, since a Washington State address would have seemed suspect after Harvey’s previous hoaxes, one of their friends mailed the article to *Summit* from Calgary, Alberta. Much to the three conspirators’ amusement, as the editors condensed the article, they accidentally transcribed the name “Riesenstein” as “Riensenstein”: a “factual” error introduced into an already fake article that added an extra layer of unreality.

When I’d asked Austin why he and his fellow pranksters created the Riesenstein, and whether the rumors were true that Fred Beckey was their main target, he’d responded simply, “Motive behind the hoax? Joke! Aimed at Fred? Rather, aimed at most anyone naive enough to fall for it.” Beckey, of course, hadn’t been naive enough, but plenty of others had. Some readers felt angry or baffled when they realized they’d been duped. Others delighted in the whimsy of the idea or identified with the spirit of the joke, interpreting its purpose in different ways: as a means to stir the imagination, to mock peakbaggers, or just to have fun. “I’d hazard a hoax is a hoax is a hoax most anytime,” Austin continued. “How humorous depends on which party one is in, most likely.”

When I spoke with some of Ed LaChapelle’s colleagues and loved ones, none of them remembered the reasons for his involvement, beyond, perhaps, his sense of humor. *The Ascent of Rum Doodle*, Rich Marriott said, was one of Ed’s favorite books. But the more I learned about Harvey Manning, the more I was drawn into the complex landscapes of his imagination and the more I believed that the key to understanding the mysteries of the Riesenstein lay there. Harvey, his friends assured me, was always the instigator when any really elaborate mischief took place. Dale Cole, who participated in some of Harvey’s earlier pranks, told me Harvey had designed multiple hoaxes, in addition to the Riesenstein, to convey messages about the direction he thought the mountaineering world was heading. To decipher these messages, I’d need to comprehend Harvey’s inspirations, hopes, and fears.



HOW TO SUFFER OUTSIDE

A Beginner's Guide to Hiking and Backpacking

DIANA HELMUTH

ILLUSTRATIONS BY LATASHA DUNSTON

AVAILABLE IN SEPTEMBER

224 pages | 6 x 8½ | \$18.95 | paperback

More than 30 full-color illustrations

ISBN 978-1-68051-311-0 | ebook 978-1-68051-312-7

Outdoors/Gift/Humor | Rights: North American/English

Language

Helmuth's disarming practical advice strips away the pretentiousness of hiking and backpacking and encourages people to simply step outside—with a map, of course

- Refreshingly approachable guide for aspiring backpackers and casual hikers of all stripes
- Colorful and humorous illustrations throughout
- Relatable, rising female voice in outdoor literature

Part critique of modern hiking culture and part how-to guide, *How to Suffer Outside* is for anyone who wants to hit the trail without breaking the bank. Diana Helmuth offers real advice, opinionated but accessible and based on in-the-field experiences. She wins readers' hearts and trust through a blend of self-deprecating humor and good-natured heckling of both seasoned backpackers and urbanites who romanticize being outdoorsy, plus a helpful dose of the actual advice a novice needs to get started.

Featuring illustrations by artist Latasha Dunston, each chapter focuses on a critical topic: gear, food, hygiene, clothing, and more, along with useful checklists and resources. Humorous, philosophical, and practical, *How to Suffer Outside* teaches casual walkers, hikers, and campers of all stripes how to venture outdoors with confidence.



Robin King



Bridget Burnett

DIANA HELMUTH has hiked extensively throughout the western US, Europe, and Chile. She studied cultural anthropology at University of California–Berkeley and the American University in Cairo. When she's not on the trail or writing, she builds things in startup land and produces the occasional podcast. Helmuth lives in Oakland.

An illustrator and painter, **LATASHA DUNSTON** earned her BFA from Virginia Commonwealth University School of the Arts. Her clients include Otterbox, *Range* magazine, Craghoppers, SNEWs, and the Denver Art Museum. Dunston is based in Denver.

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EXCERPT

from *How to Suffer Outside*

I'm assuming you picked up this book because you've heard the call of the wild (or a friend gave it to you, because they think you've heard the call of the wild). Maybe you've already dabbled a bit in the great outdoors. Maybe someone took you fishing at a high-elevation lake when you were eight years old, and you find yourself drawn to the memory of breathing crisp, alien air in a valley of deafening quiet. Maybe you borrowed a minivan from your BFF's mom in high school and corralled a group of friends into "camping" (i.e., you all got very drunk on Tecate in an open field and one of you tripped in the fire). Or, maybe you have even been on an overnight hiking trip.

Whatever your history, you've tasted enough of the wilderness to know you want a bigger bite. You've melted into a golden sunset, felt the wind rush up your body at the edge of a cliff, and felt your eyes stretch into white circles in the face of a moonrise. You understand there are places in the world so fucking beautiful that even emotionally stunted men in 1850 whose siblings died from famine and pox were driven to write ecstatic poetry and perform acts of religious fervor in their presence. You are itching to go see them. You aren't scared of walking a couple miles. You are pretty sure you own a knife, even if you can't remember where it is. You feel ready, even you're not quite sure for what.

Let's talk about that last part for a minute—that nagging question: *Why . . . do I want to go backpacking?* Backpacking is an eight-hour leg day that ends with no shower, a sunburn, and sleeping on the ground. It's not so much about seeing whether you can survive without Grubhub or Netflix or FaceTime. It's about going somewhere you won't be able to FaceTime anyone even if you think you're about to die. So why the hell do you want to do this?

Some people believe this is a personal, mystical question: "Why did I climb the mountain? Because it was there." This is the iconic, George Mallory-coined response, which imagines nature as some ineffable, majestic plane of existence, and to define it is to tarnish its magnetism. The question cannot have an answer; the wild that can be named is not the eternal wild.



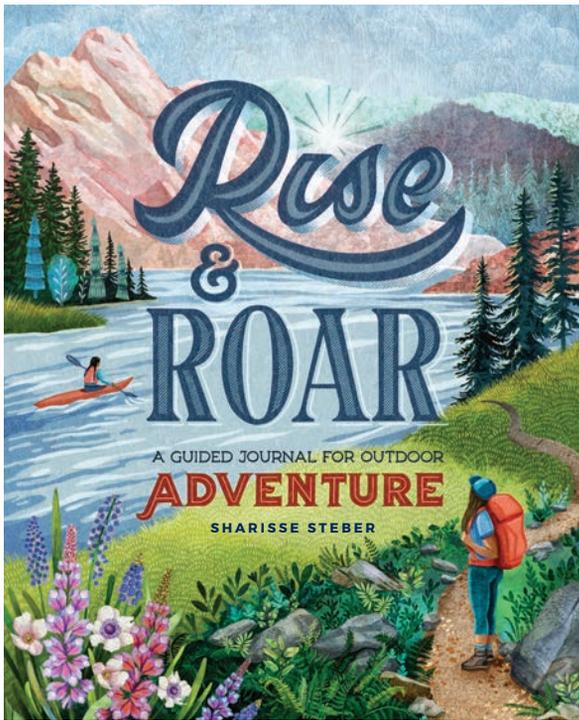
Jeanne Johnson-Eme

I think this is bullshit, and I have an answer. You long to go into nature because, unlike your home, job, car, bed, or school, it's quiet, really quiet—the kind of quiet that exists when there is nothing to turn on. But this is deeper than "unplugging." You long to go into nature because nature doesn't care about you. To be clear, it's not that nature sees you, accepts you for who you are, and loves you anyway: nature just doesn't give a shit about you.

Someday, at some point in your life (if it hasn't happened already), you're going to look in the mirror and see something misshapen. A pile of failed goals, a bulging heap of inadequacy, one solitary, tragic hillock of human flesh. You'll have no idea how anyone ever loved you, or will ever love you, or how you will ever accomplish anything worth remembering. You won't see yourself. You won't even see a person. You'll see only a broken promise.

This is the best time to put everything in a backpack and leave. Why? Because nature doesn't care that you feel this way. It doesn't care about your job, your kids, your career goals, your half-baked plan to go back to school and get your masters, or your failed attempts at Whole30. Nature doesn't care if you've read *Twilight* or Tolstoy, if you married the right person, or if you're a bad person because you stopped speaking to your dad.

In nature, everything is distinctly *not* about you. Wake up—no one cares. Eat breakfast—no one cares. Pack up your shit—no one cares. Start walking—no one cares. If anything goes wrong, and you need help, or a hug—no one cares. You cannot call your bestie or look up your ex on Facebook to imagine what it would be like if they were there with you. With every step you take, the insignificance of your problems in the face of the natural world will be unavoidable. No one will be there to care about you—except you. In other words, you will be forced to self-soothe.



RISE & ROAR

A Guided Journal for Outdoor Adventure

SHARISSE STEBER

AVAILABLE IN AUGUST

128 pages | 7¼ x 9 | \$19.95 | paperback with flaps

Color illustrations throughout

ISBN 978-1-68051-522-0

Outdoors/Inspiration/Journal | Rights: World

English language

Vibrantly illustrated guide motivates women with inspiration, tips, and advice to add more outdoor adventure to their lives

- Creative exercises to encourage action and record accomplishments
- Tips for making aspirational lists, planning to achieve goals, and tracking progress
- Vibrant, colorful artwork engages and inspires

Rise & Roar: A Guided Journal for Outdoor Adventure meets women where they are in life, and challenges and inspires them to get outside. Encouraging women to define their motivation, examine their fears, and create their own adventure manifesto, Sharisse Steber offers tips about an abundance of new experiences: observing nature, planning a hike or backpacking trip, car camping, training for a marathon, biking on singletrack or pavement, climbing at a gym or outside, canoeing or kayaking, training and recovery, and all the ways to play in the snow.

Author and illustrator Sharisse Steber has hiked to Everest Base Camp, summited Kilimanjaro, backpacked on the Lares Inca Trail in Peru, caved and camped solo on Easter Island, and experienced winter camp training on frozen Minnesota lakes. Steber knows firsthand that you don't have to be super fit or have a lot of money to have amazing experiences—everyone has the right and ability to live her own idea of outdoor adventure. This journal encourages women of all shapes, sizes, and colors to overcome their fears, head outside, and begin.



Mary Catharine Martin

SHARISSE STEBER is an award-winning illustrator and designer whose work has been featured at the Art Institute of Washington and in *The Washington Post* and *Publish* magazine. She studied design, history, and creative writing in Europe and received her degree from the University of Tennessee–Knoxville. Her clients include the Smithsonian Institution, The Nature Conservancy, DreamWorks, NPR, the Girl Scouts, and Discovery Channel. She lives in Nashville.

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ALSO OF INTEREST





- More than 80 watercolor paintings of Mount Rainier National Park
- Information on natural history, architecture, geology, and more
- Author is award-winning nature artist and art teacher

Molly Hashimoto, author and illustrator of *Birds of the West* and *Colors of the West*, has created another beautiful look at the natural world in *Mount Rainier National Park*. When you experience such expansive beauty as is found at Mount Rainier, she says, “you want to tell everyone else about it, and for me, art is how I communicate my passion.”

Featuring Hashimoto’s watercolor paintings and sketches, this book follows along the national park’s main road to offer an “artist’s tour.” Through evocative anecdotes, natural history, and park history, it explores the major visitor areas, natural wonders, popular landmarks, and park flora and fauna, including everyone’s favorite, marmots! Her lush palette captures Rainier through the seasons and in all its glorious details, creating a keepsake for visitors and residents alike.



MOUNT RAINIER NATIONAL PARK

An Artist's Tour

MOLLY HASHIMOTO

AVAILABLE IN OCTOBER

136 pages | 8 x 6½ | \$17.95 | hardcover

82 color illustrations | 1 map

ISBN 978-1-68051-334-9

National Parks/Art/Gift | Rights: World

Unique and charming gift book about iconic Mount Rainier National Park from a beloved artist’s perspective



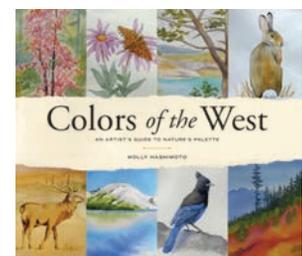
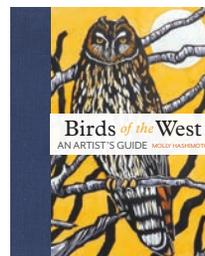
David Hashimoto

MOLLY HASHIMOTO explores parks and wildlife refuges all over the West, seeking inspiration for her sketches, paintings, and prints. For thirty years, her work has appeared on cards and calendars published by Pomegranate Communications. Dedicated to connecting people with nature through hands-on art experiences, she teaches aspiring artists and leads plein air art workshops throughout the West, including at the North Cascades Institute, Yellowstone Forever Institute, Yosemite Conservancy, and Sitka Center for Art and Ecology. She lives and paints in Seattle.

ONLINE:

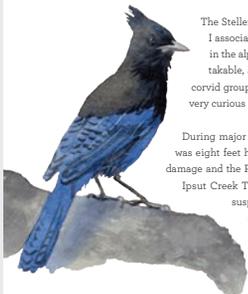
mollyhashimoto.com

ALSO BY MOLLY HASHIMOTO



SAMPLE PAGES

from Mount Rainier National
Park



The Steller's jay (*Cyanocitta stelleri*) is a forest dweller, and I associate it with lowland conifers, although I have seen it in the alpine meadows at Rainier. Its raucous cry is unmistakable, as is its striking blue plumage. A member of the corvid group, which includes crows, ravens, and magpies, it is very curious and intelligent, and often not at all shy.

During major flooding on the Carbon River in 2006, the river was eight feet higher than the road. The road sustained serious damage and the Park Service decided not to rebuild it. I hiked the Ipsut Creek Trail before the road was closed and crossed the suspension bridge over the Carbon River at the snout of the Carbon Glacier, which hasn't retreated as much as the Nisqually Glacier, partly because its ice is so thick.

Further along the Wonderland Trail above the Carbon Glacier snout, you come to Moraine Park, another of Rainier's subalpine meadows. This is the view of the mountain from there, and it looks very formidable. To the left you see Curtis Ridge, and below it the imposing Willis Wall; left of center is Liberty Ridge and in the center is the equally fearsome Liberty Headwall. To the right is Ptarmigan Ridge. From this vantage point, the dangers of these features are minimized by the glistening snow and sunny blue skies, but many climbers have lost their lives attempting ascents via Liberty Ridge. Rockfall is common on these steep faces.



Paradise

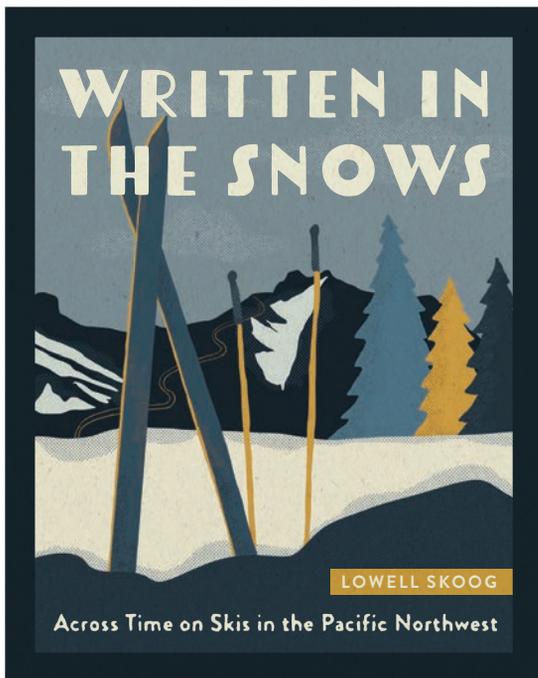
From the Nisqually Entrance Gate to Paradise, you'll travel nineteen miles, and from 2,000 feet in elevation to over a mile high, at 5,400 feet. In the late nineteenth century, when James Longmire's daughter-in-law Martha first saw the meadows, she was said to have exclaimed, "Oh, what a paradise!" For centuries people have visited this place. Long before white settlers arrived, Native peoples, including the Nisqually, Yakama, Puyallup, Muckleshoot, and Upper Cowlitz, stayed in the meadowlands that surround Paradise in late summer for berry picking and hunting. In late August and early September, the huckleberries and blueberries were lush and ripe; animals sought out the ripening fruit too, many of them in their finest fur, after feeding plentifully in summer.

South of Paradise were heavily forested areas that burned in a fire in 1885. The limbs of the burnt Alaska cedars fell off, and then the bark, so that gradually all that remained were silvery trunks, and afterward the area was called the Silver Forest. Climbers and campers spread tents all over the meadows, and cottages sprang up, too, all without any cohesive plan. There was a demand for overnight accommodations and the tents and cottages were not sufficient.

When Stephen Mather asked for a hotel to be built at Paradise, the architect decided to use local materials in the design and harvested timber from the Silver Forest. Alaska cedar also was used to build the interior furniture, including massive tables and chairs. Hans Fraehnke, a German woodcrafter, made the piano case as well as the grandfather clock.

On a day I visited in mid-June, there were still many feet of snow at the Paradise parking lot. Skiers and sledgers crowded the slopes. I walked toward the Paradise Inn, still locked up and in its winter sleep.





WRITTEN IN THE SNOWS

Across Time on Skis in the Pacific Northwest

LOWELL SKOOG

AVAILABLE IN OCTOBER

336 pages | 7 x 9 | \$29.95 | paperback

150 b&w photos | 16-page color insert | 1 map

ISBN 978-1-68051-290-8 | ebook 978-1-68051-291-5

History/Northwest/Skiing | Rights: World

Legendary northwest skiing historian Lowell Skoog takes a deep dive into the past century of Northwest ski culture through stories and photographs

- Century of Northwest wilderness skiing stories by noted expert
- 150 black-and-white and color photographs
- Celebrates the *friluftsliv*, or open-air living spirit, of backcountry skiing

In *Written in the Snows*, renowned local skiing historian Lowell Skoog presents a definitive and visually rich history of the past century of Northwest ski culture, from stirring and colorful stories of wilderness exploration to the evolution of gear and technique. He traces the development of skiing in Washington from the late 1800s to the present, covering the beginnings of ski resorts and competitions, the importance of wild places in the Olympic and Cascade mountains (including Oregon's Mount Hood), and the *friluftsliv*, or open-air living spirit, of backcountry skiing.

Skoog addresses how skiing has been shaped by larger social trends, including immigration, the Great Depression, war, economic growth, conservation, and the media. In turn, Northwest skiers have affected their region in ways that transcend the sport, producing local legends like Milnor Roberts, Olga Bolstad, Hans Otto Giese, Bill Maxwell, and more. While weaving his own impressions and experiences into the larger history, Skoog shows that skiing is far more than mere sport or recreation.



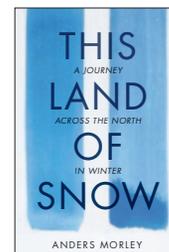
As a skier, climber, writer, and photographer, **LOWELL SKOOG** has been a keen observer of Northwest mountaineering since the 1970s. He is the creator of the Alpenglow Gallery and founder of the Northwest Mountaineering Journal, websites that celebrate local mountain culture, and he was a key member of the team that launched the Washington State Ski and Snowboard Museum. Skoog is the chairman of the Mountaineers History and Library committee. He lives in Seattle.

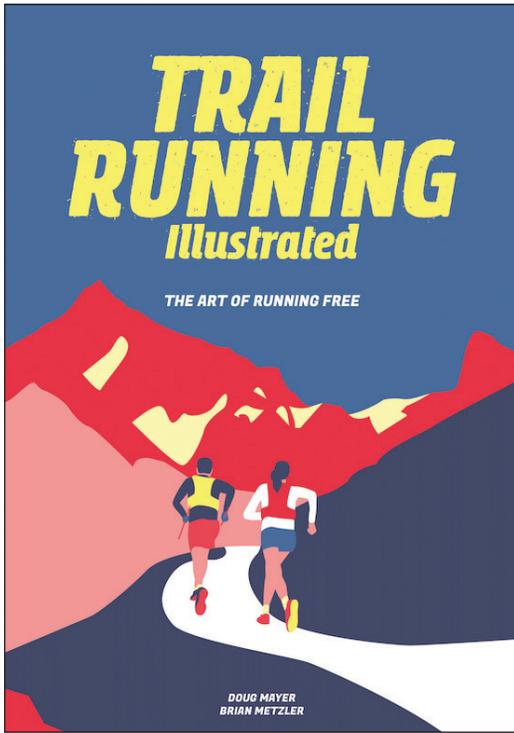
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ALSO OF INTEREST





TRAIL RUNNING ILLUSTRATED

The Art of Running Free

DOUG MAYER AND BRIAN METZLER
ILLUSTRATIONS BY MARION SCHREIBER

AVAILABLE IN AUGUST

272 pages | 6 x 9 | \$24.95 | paperback with flaps
ISBN 978-1-68051-566-4 | ebook 978-1-68051-567-5
Sports & Recreation/Running/Outdoor Adventure
Rights: North America

Beautifully illustrated, indispensable trail running guide for beginners and experts alike

- Everything a trail runner needs to know, from training to racing
- Passionate authors and experienced trail runners
- Introduction by Brendan Leonard, creator of Semi-Rad.com

Running through pastures and forests, hopping over rocks, and splashing through streams: trail running is humanity's original form of play—an activity we've been doing for millions of years. Adventurous runners of all ages, shapes, and sizes are leaving the pavement behind and seeking new challenges. More popular than ever, trail running is growing rapidly around the world.

Trail Running Illustrated offers clear, concise advice on how to get started. Created by two longtime trail runners with a passion for the sport, this book is your key to unlocking a lifetime of exploration and challenges, whether you're running in your local park or through some of the world's most remote regions.



Sam Hill



DOUG MAYER has been climbing and trail running in mountain ranges around the world for three decades. Founder of tour company Run the Alps and contributing editor for *Trail Runner* magazine, he has worked as a producer for National Public Radio's *Car Talk*.

BRIAN METZLER is an author and freelance journalist who covers running, running gear, and related sports. He is the founding editor and associate publisher of *Trail Runner* and *Adventure Sports* magazines.

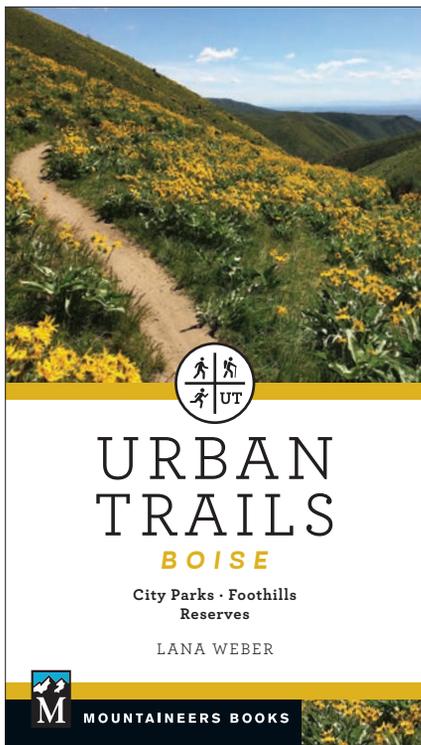
MARION SCHREIBER is a freelance art director and graphic designer with a focus on editorial design. She specializes in cookbooks, art books, and reference books and is based in Barcelona, Catalonia, Spain.

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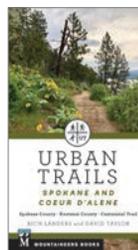
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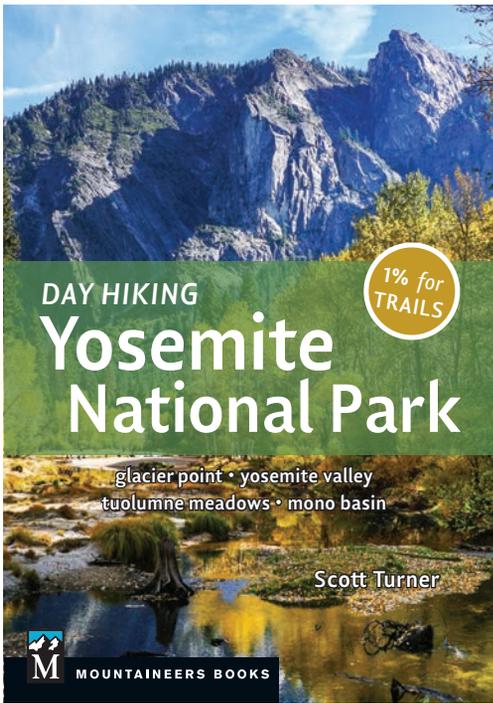
LANA WEBER is a Boise native, a graduate of the University of Idaho, and a community engagement coordinator for the Idaho Conservation League. An avid trail user, river runner, and lover of the wild Idaho desert, Lana leads monthly hikes for the public, has sat on Boise’s Ridge to Rivers trail planning committee, and is a past board member for the Idaho Trails Association.

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SCOTT TURNER is an avid hiker, backpacker, and photographer who logs more than 1,000 trail miles every year. He is a contributor to ModernHiker.com, and the author of *Hike the Parks: Joshua Tree National Park*, *Hike the Parks: Zion and Bryce Canyon National Parks*, and San Diego's hiking bible, *Afoot and Afield San Diego County*. Scott lives in Carlsbad, California, with his wife and son.

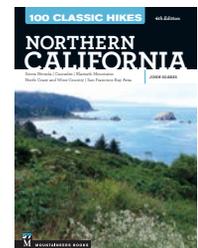
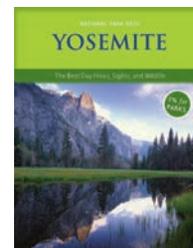
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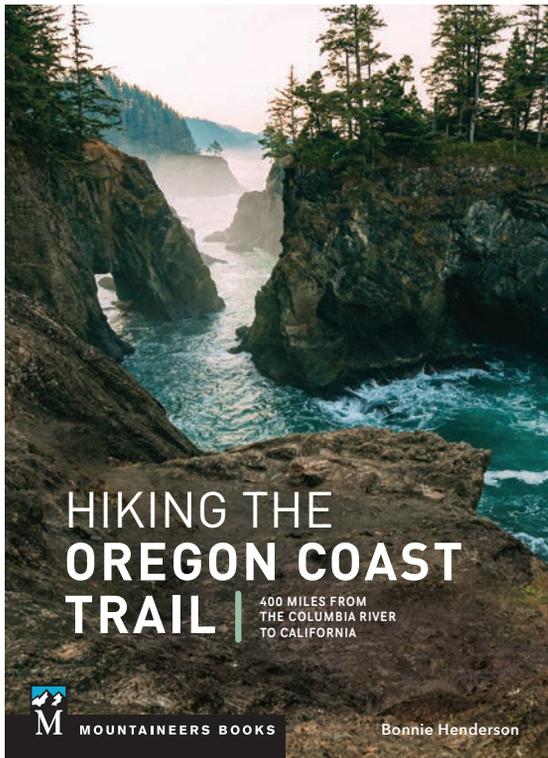
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BONNIE HENDERSON is author of two guidebooks, *Day Hiking: Oregon Coast 2nd Edition* and *Best Hikes with Kids: Oregon 2nd Edition*, as well as the critically acclaimed *The Next Tsunami: Living on a Restless Coast*, and Oregon Book Awards finalist *Strand: An Odyssey of Pacific Ocean Debris*. When she is not on the coast, she lives in Eugene, Oregon.

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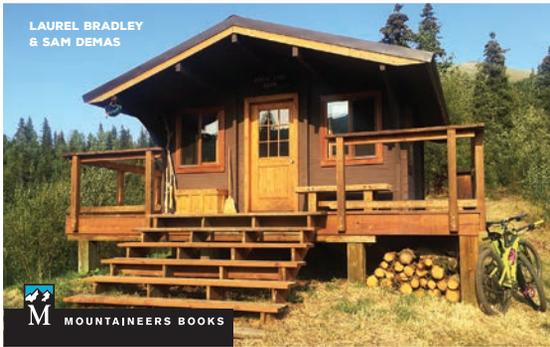
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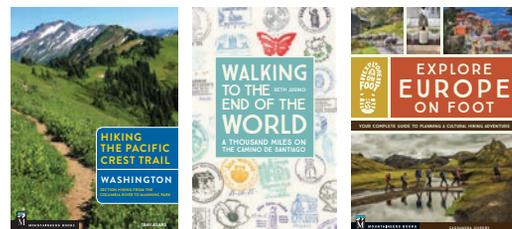
LAUREL BRADLEY, a lifelong hiker and outdoor enthusiast, has trekked hut-to-hut worldwide. She trained as an art historian and served as a curator and museum director for several decades. **SAM DEMAS**, a leading authority on hut systems, has walked or skied on most hut-to-hut routes in the US and all over Europe and New Zealand. His website, hut2hut.info, is a go-to resource for outdoor enthusiasts, hut operators, and land management professionals. Demas worked as an academic librarian for many years. Demas and Bradley live in Northfield, Minnesota.

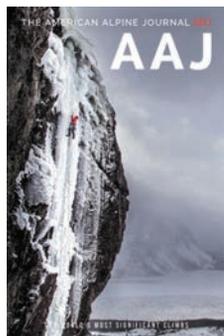
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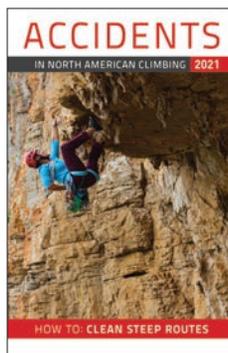
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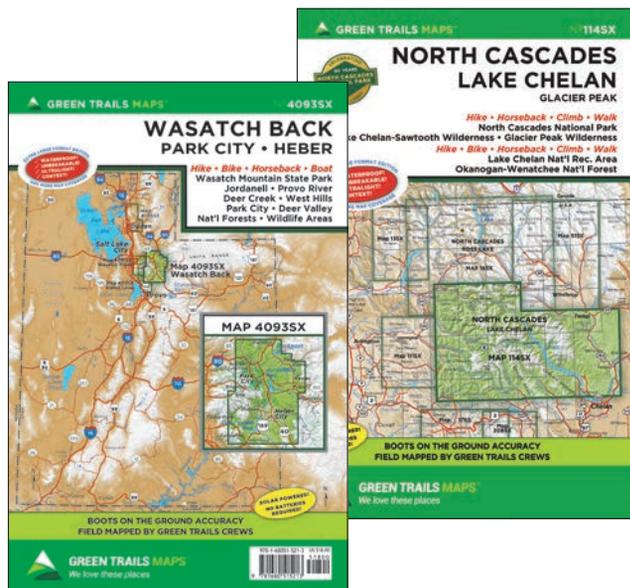
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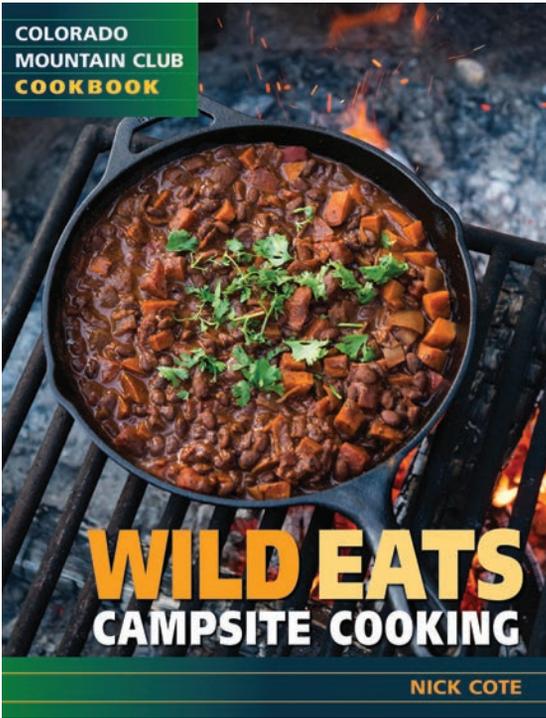
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NICK COTE is a journalist and photographer in Missoula, MT. He taught photojournalism at University of Colorado, Boulder, and has done recipe research on the trail for *Backpacker* and REI. His work has been featured in *The Wall Street Journal*, *The New York Times*, *The Washington Post*, and many other publications.

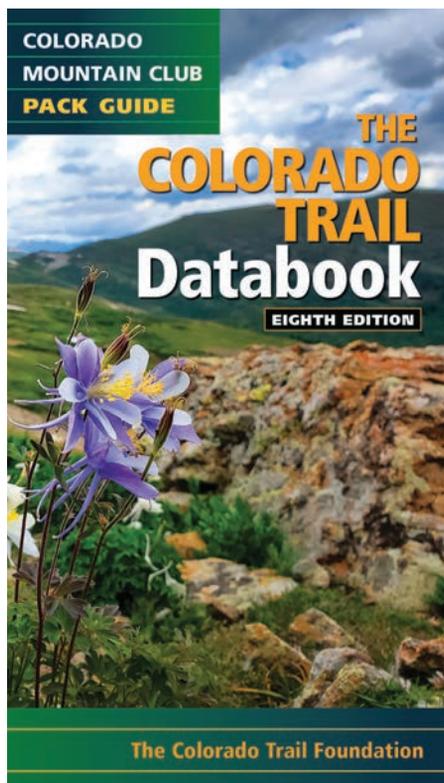
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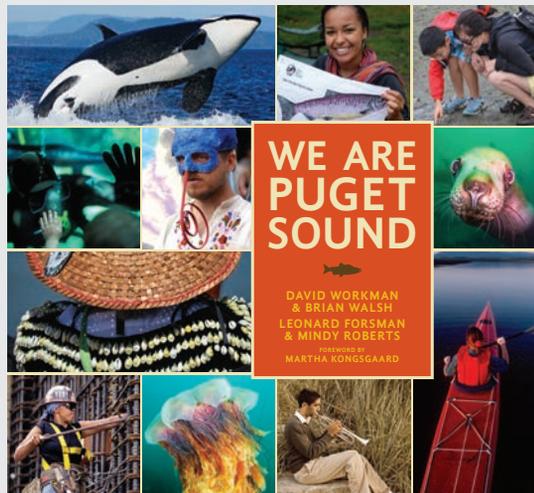
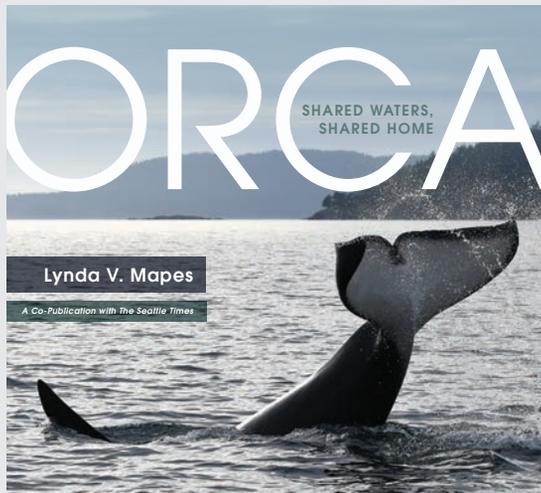
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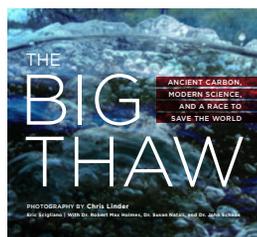
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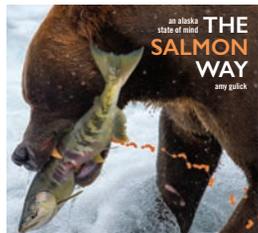
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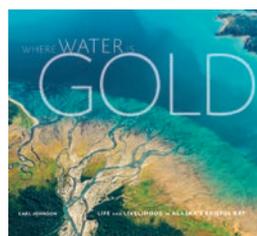
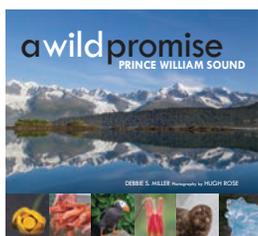
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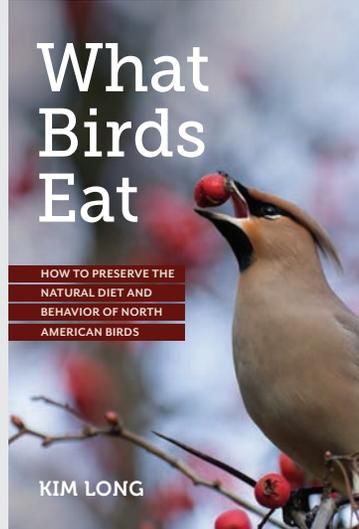


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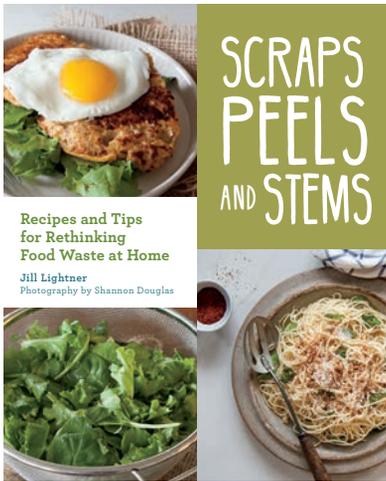
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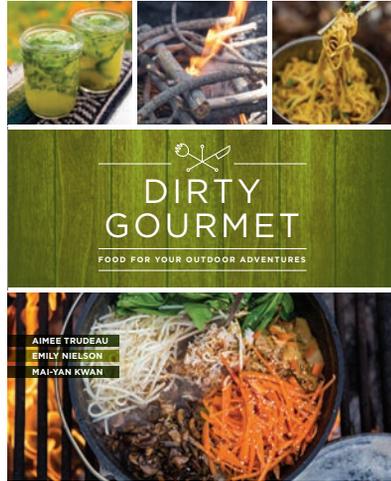
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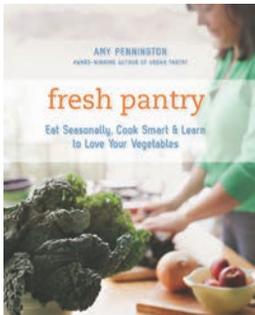
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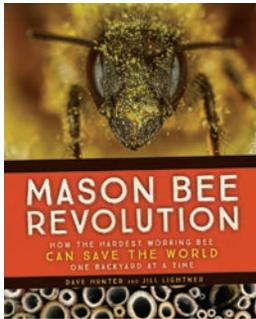
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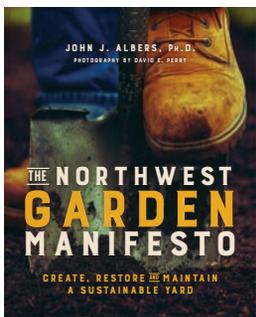
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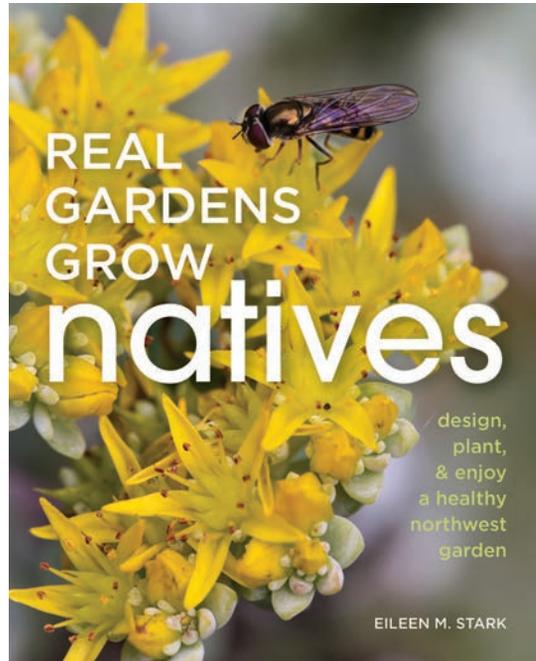
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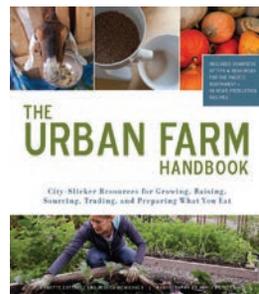
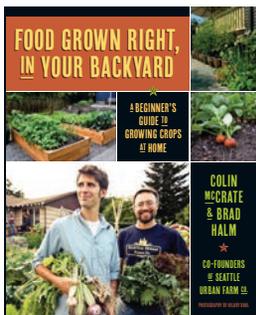
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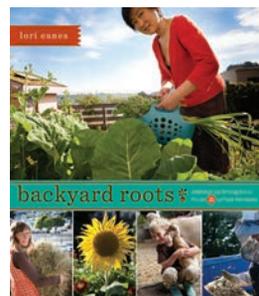
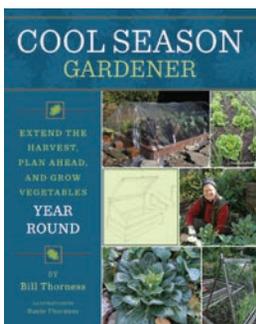


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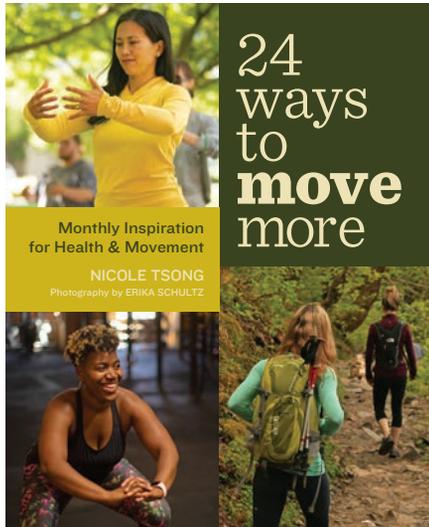
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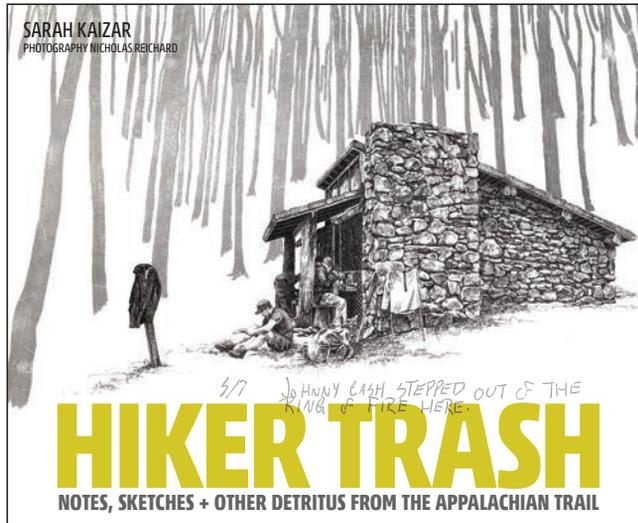
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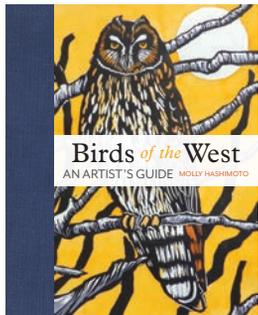
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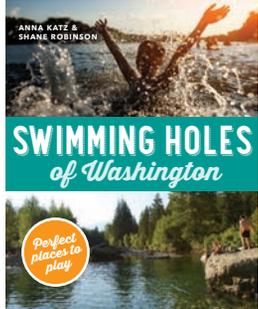


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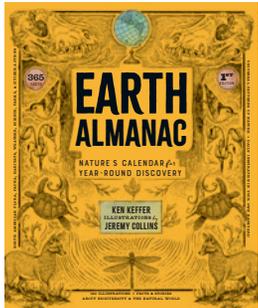


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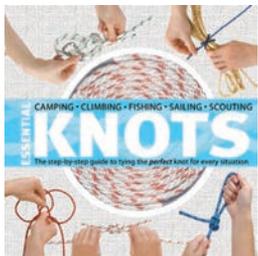


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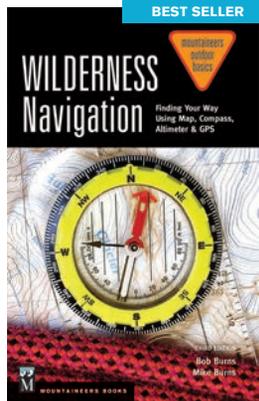
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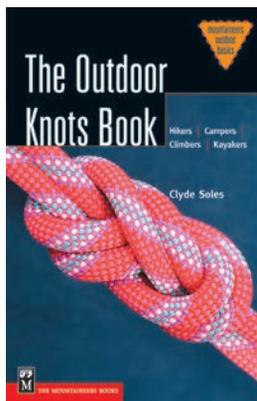
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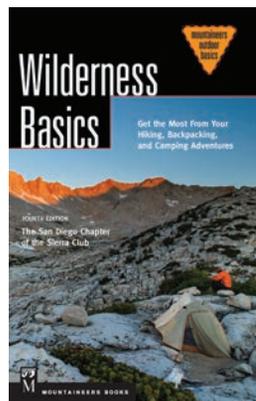
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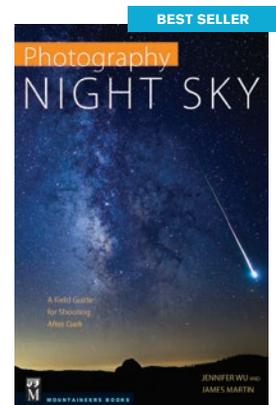
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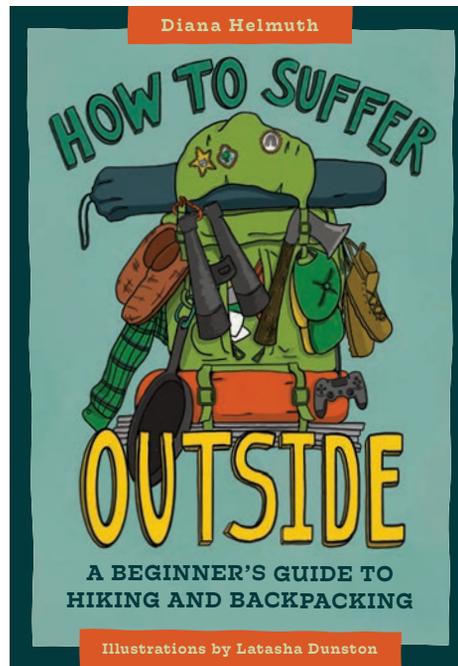
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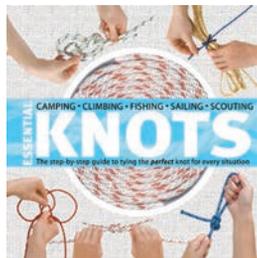
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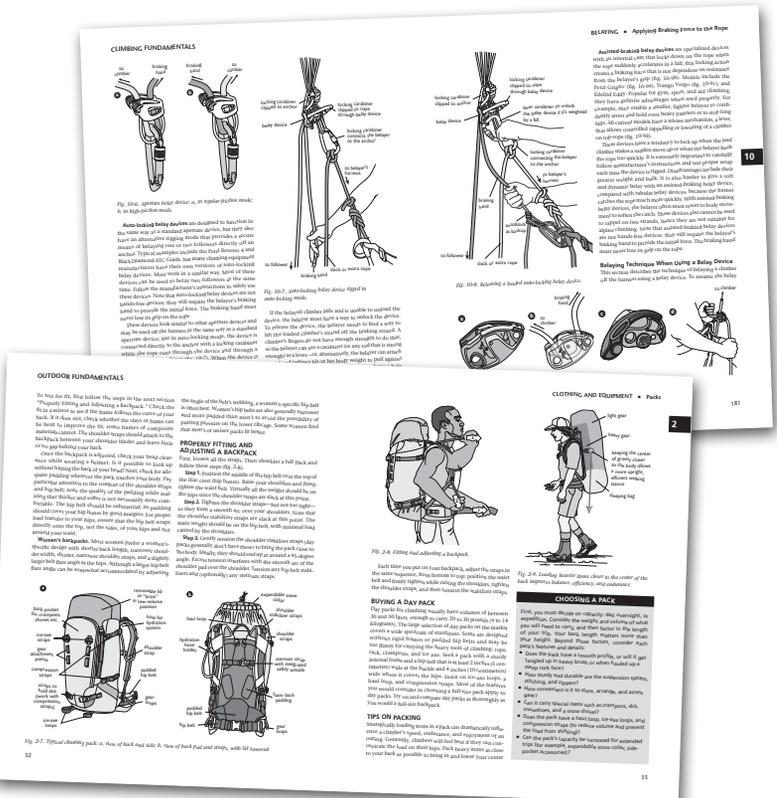
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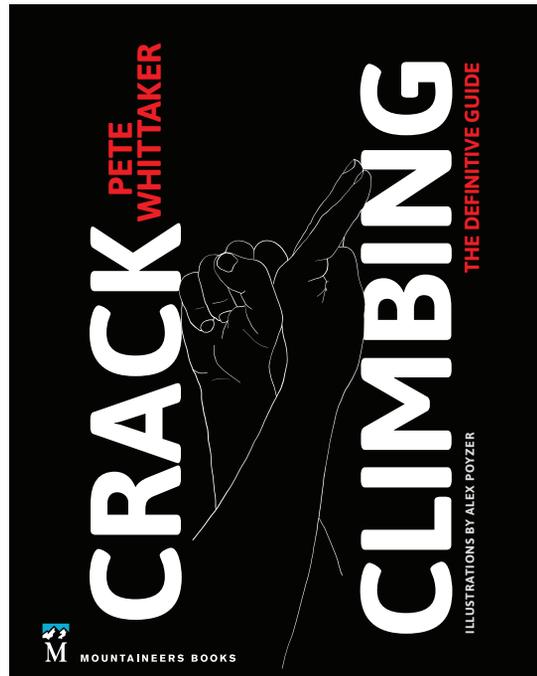
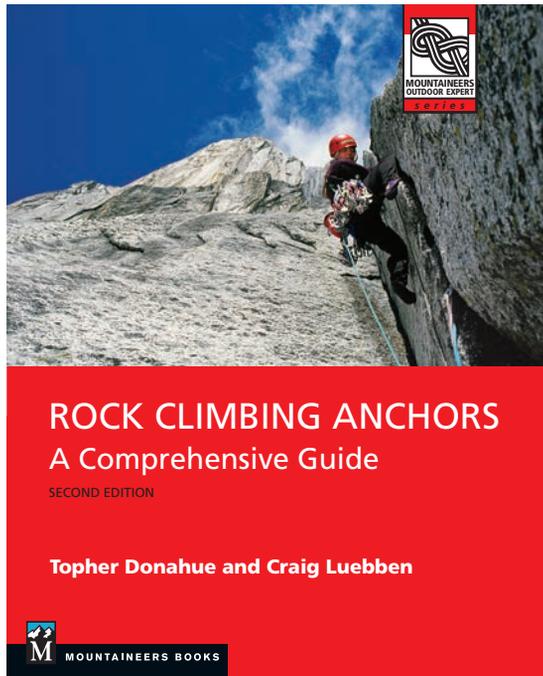
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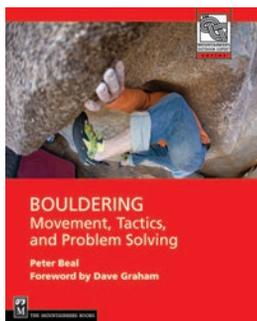
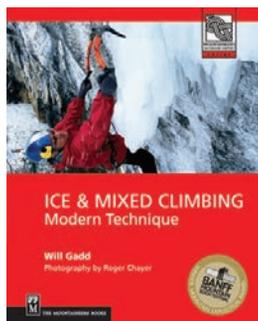


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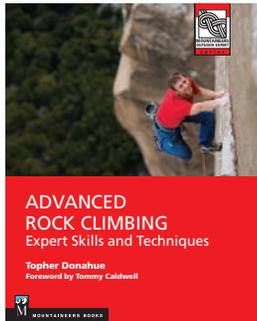
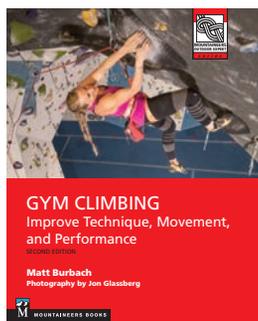
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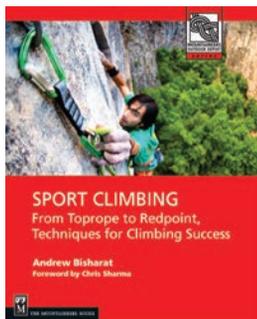
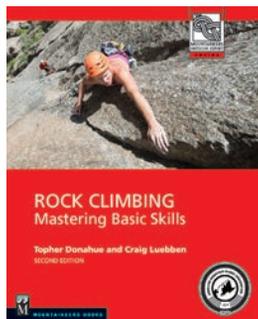
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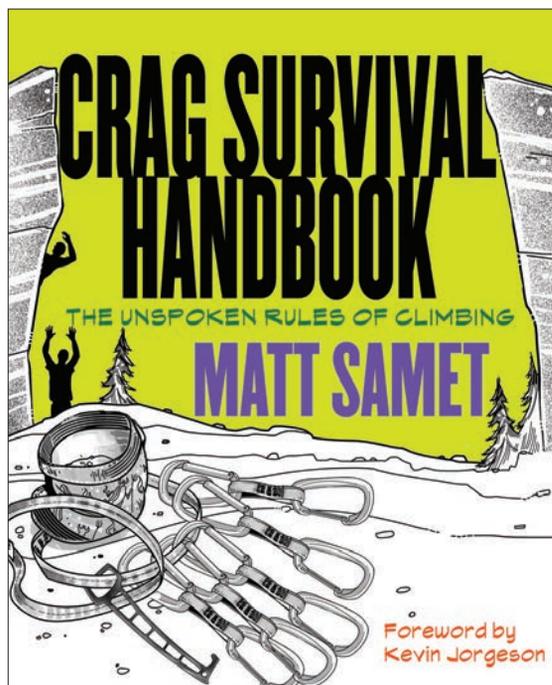
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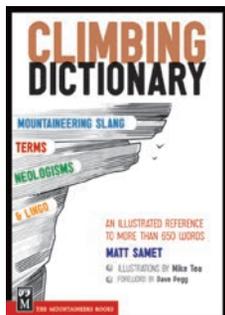
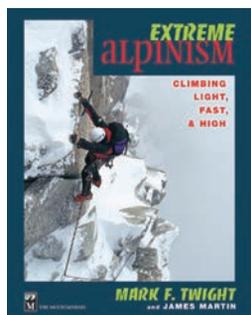
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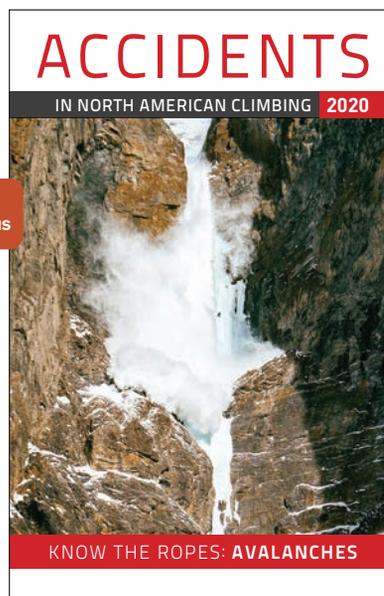
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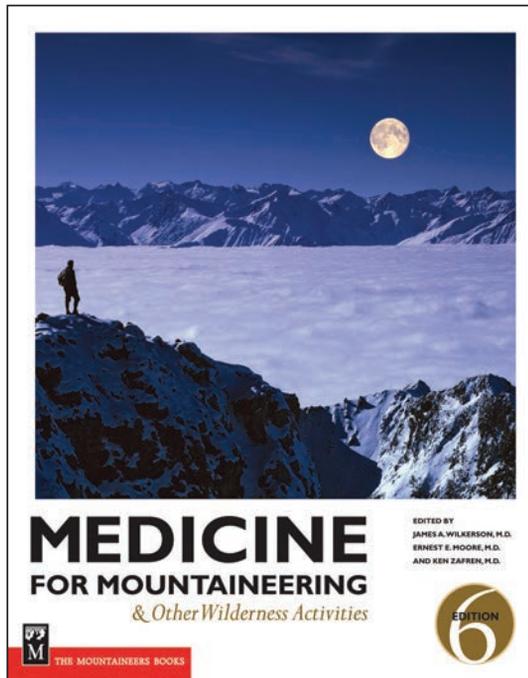
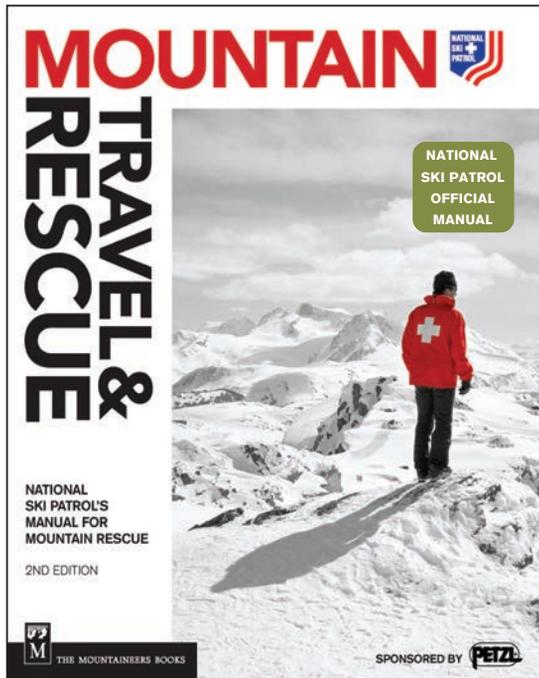


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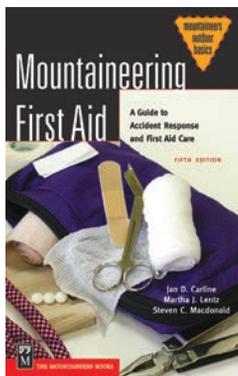
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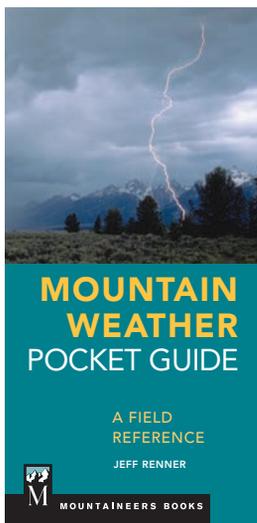
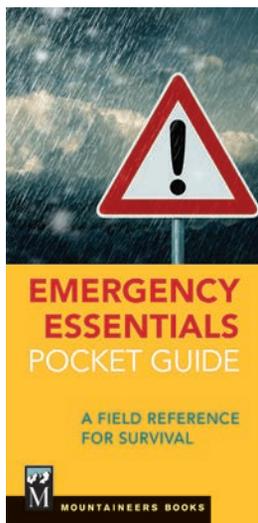
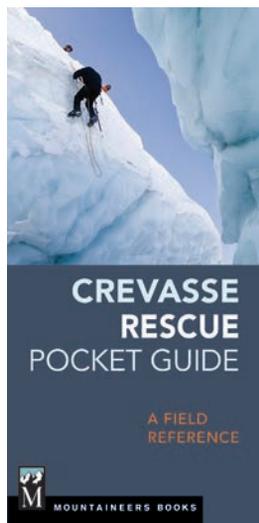
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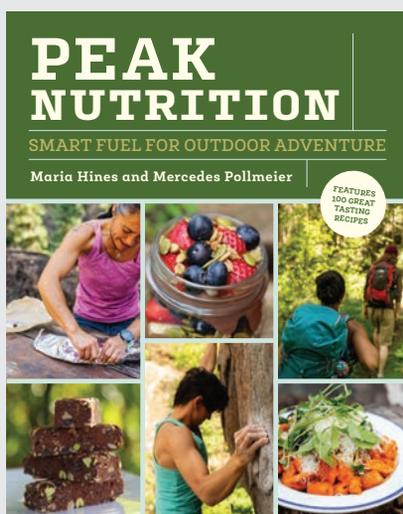
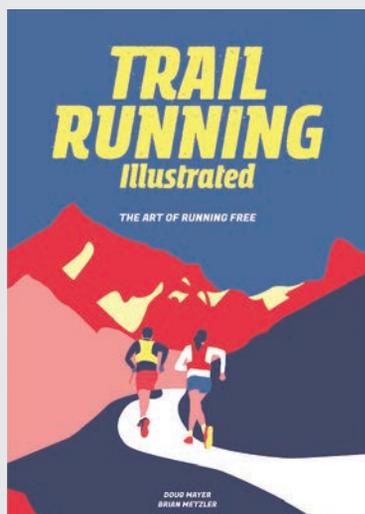
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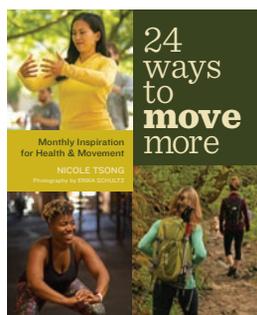


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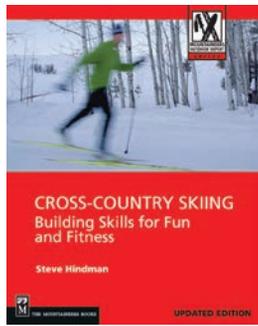
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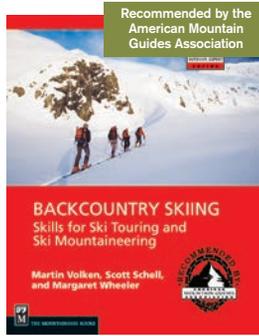
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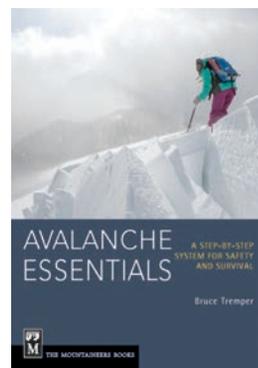


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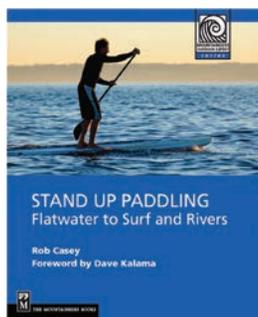
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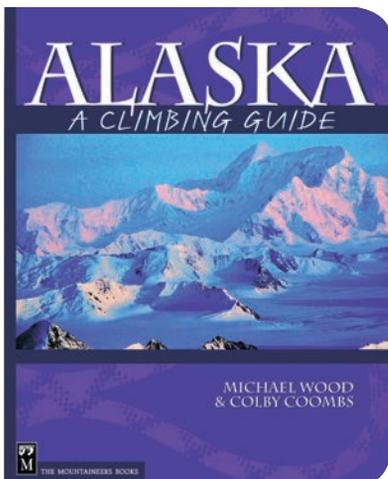
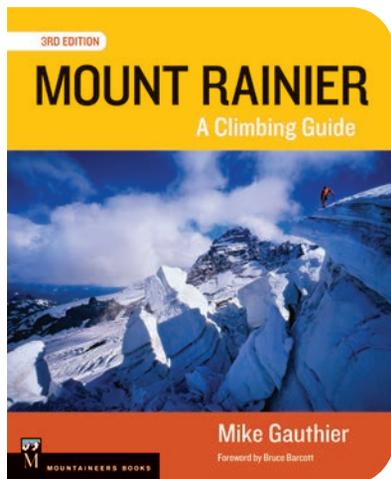
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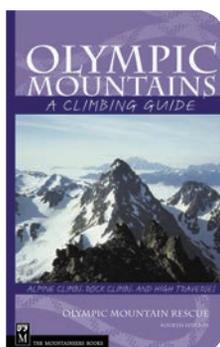
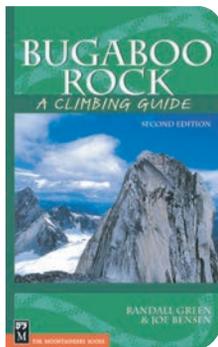
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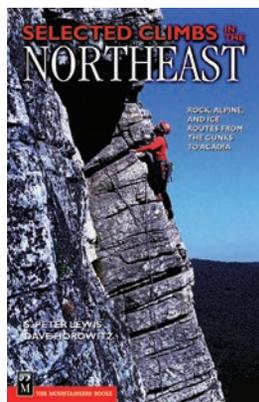
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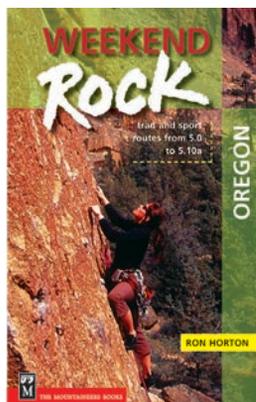


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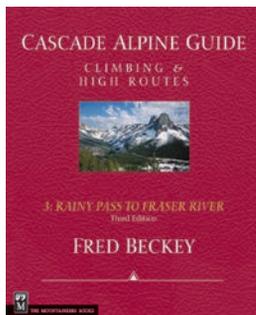
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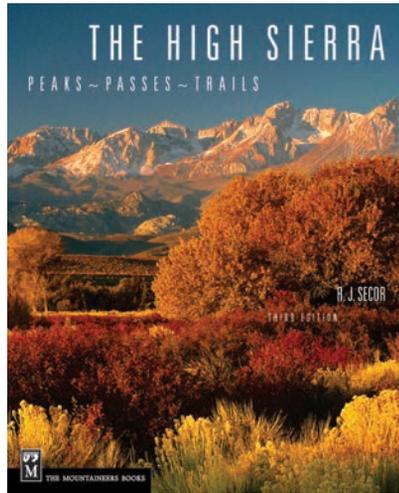
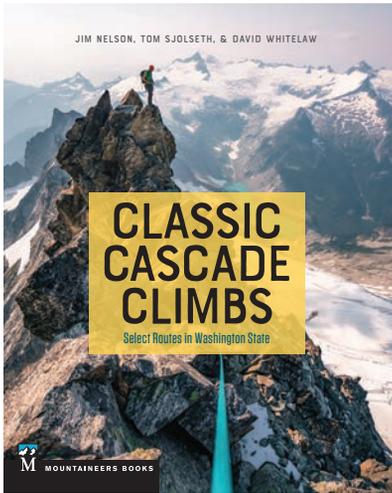
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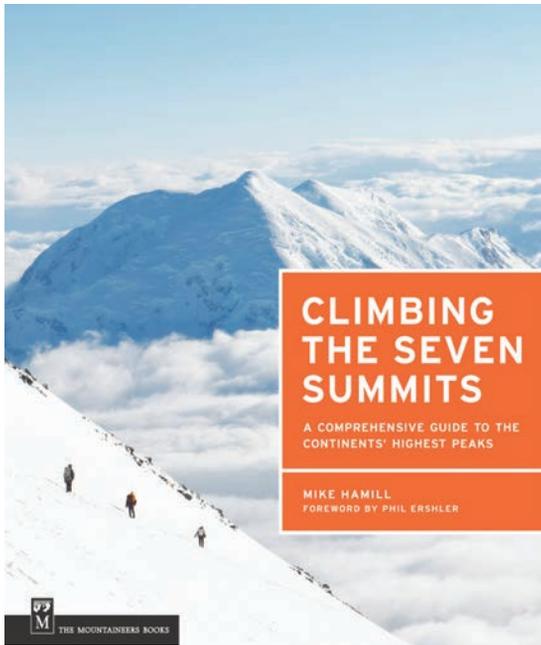
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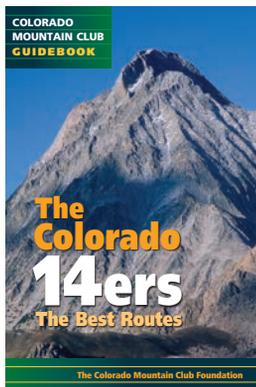
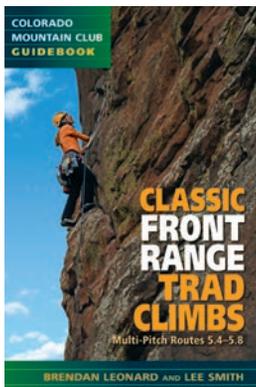
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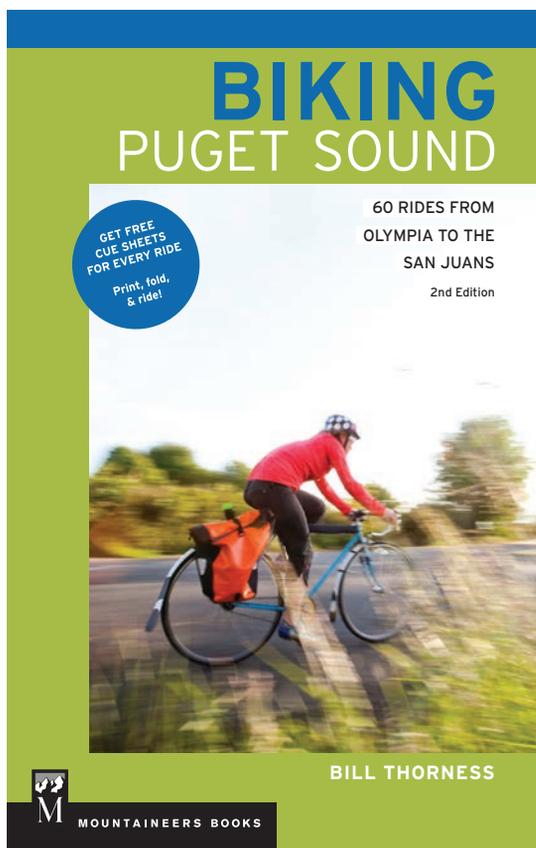
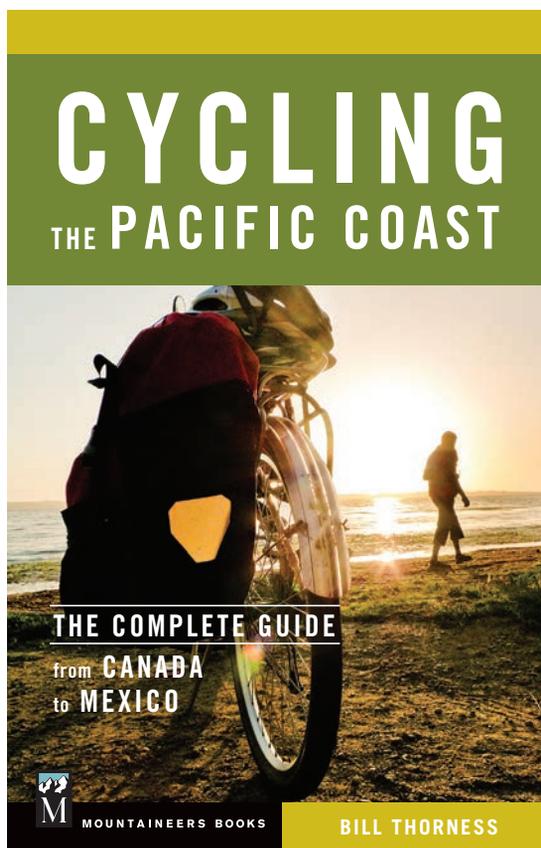
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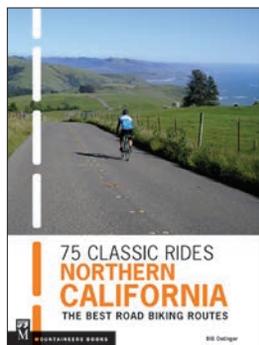
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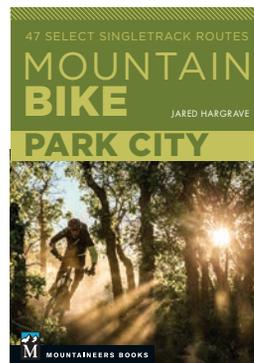
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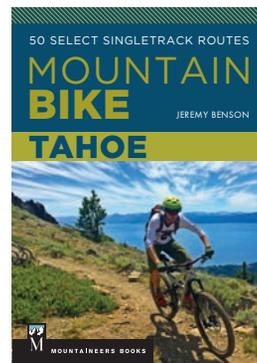
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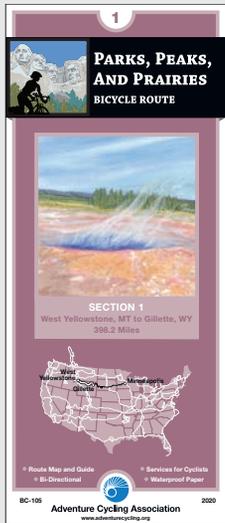


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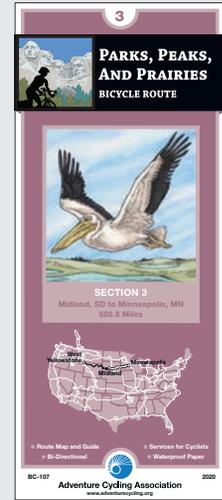
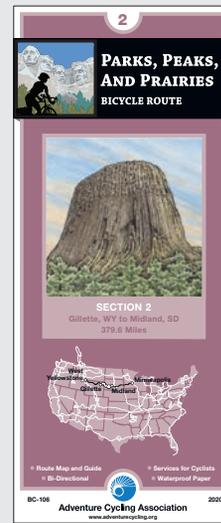
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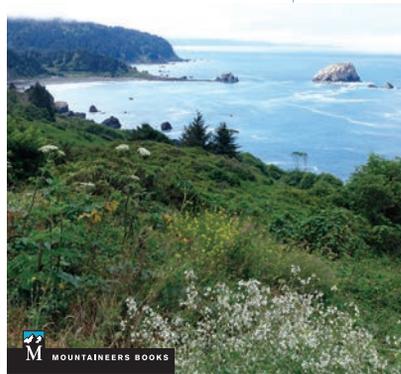
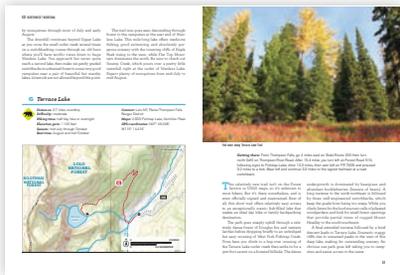
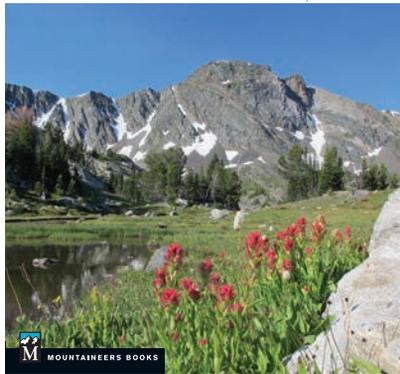
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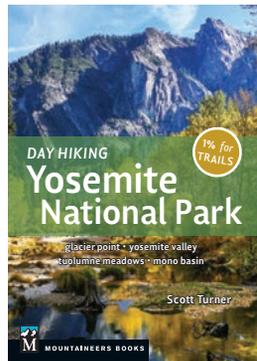
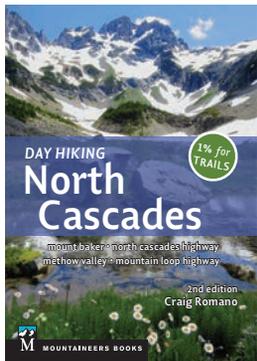
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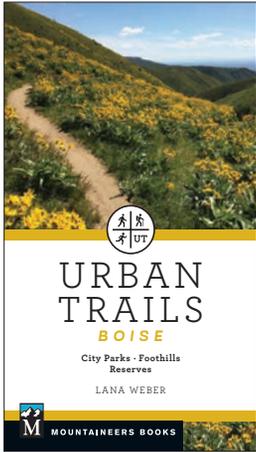
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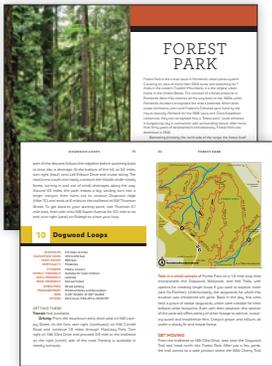
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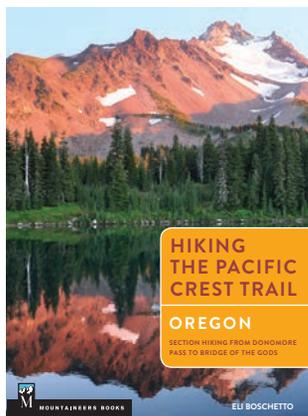
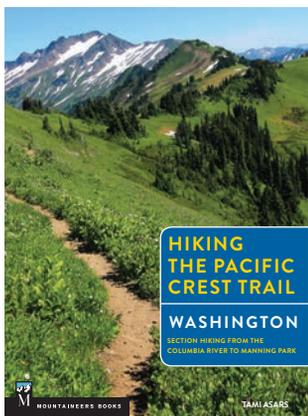
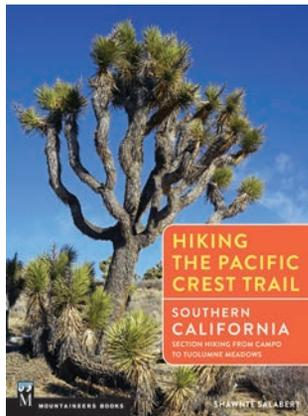
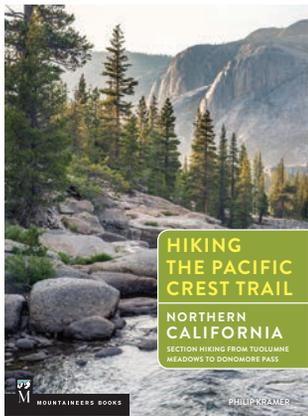
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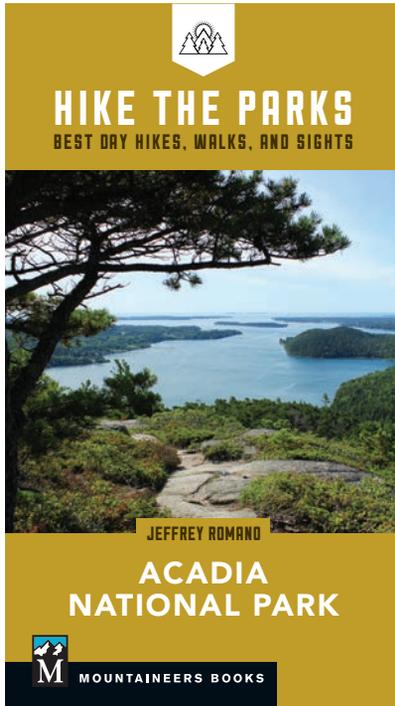
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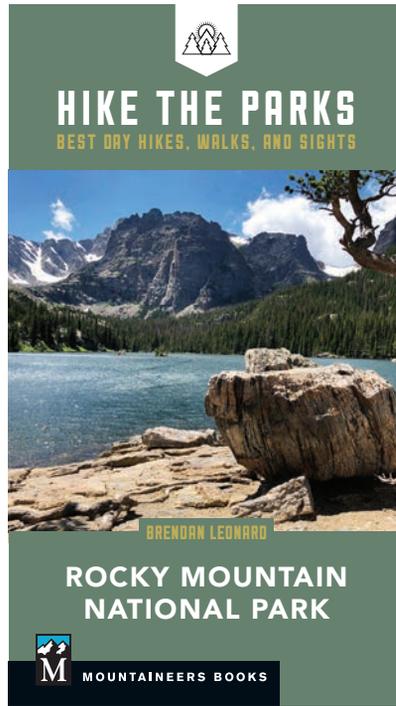
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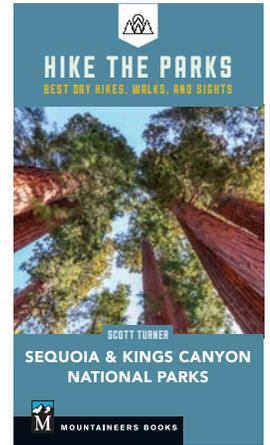


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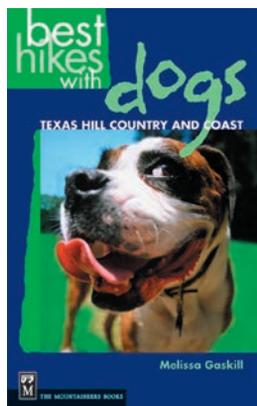
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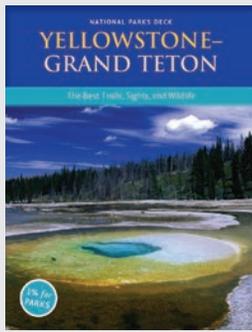
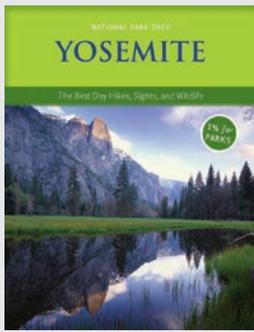
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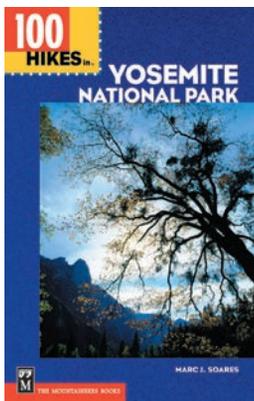


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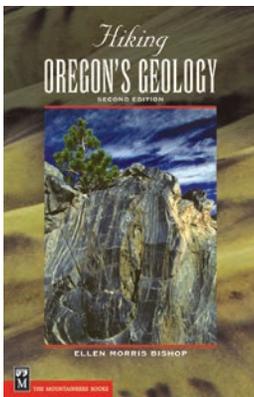
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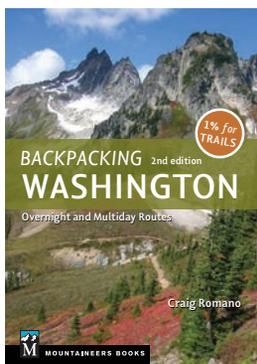
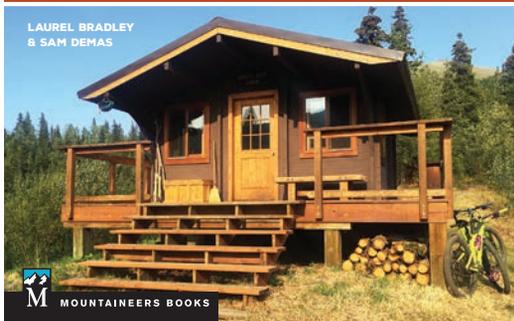
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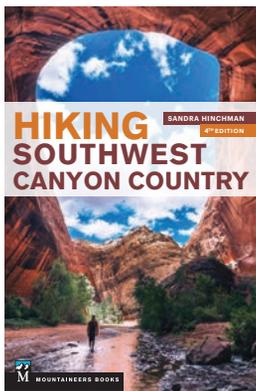
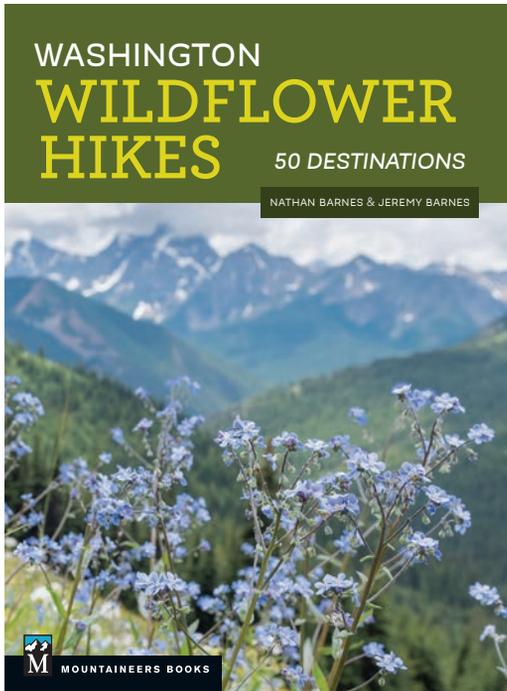
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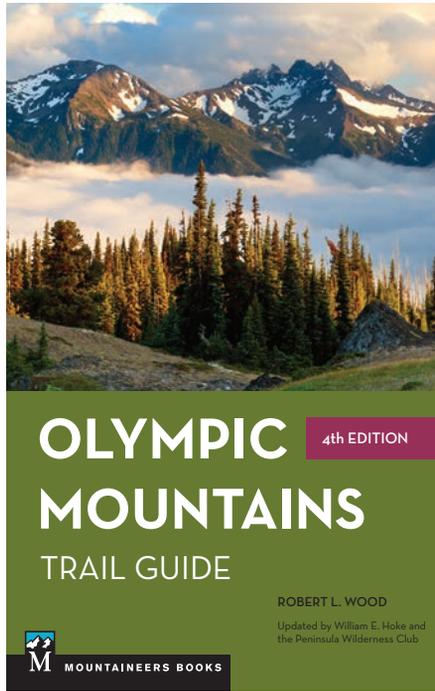
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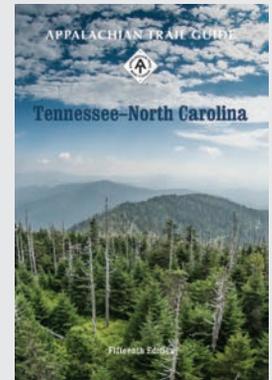
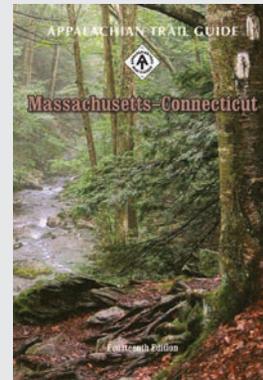
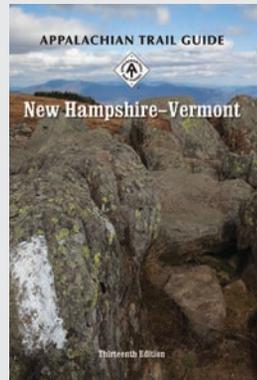
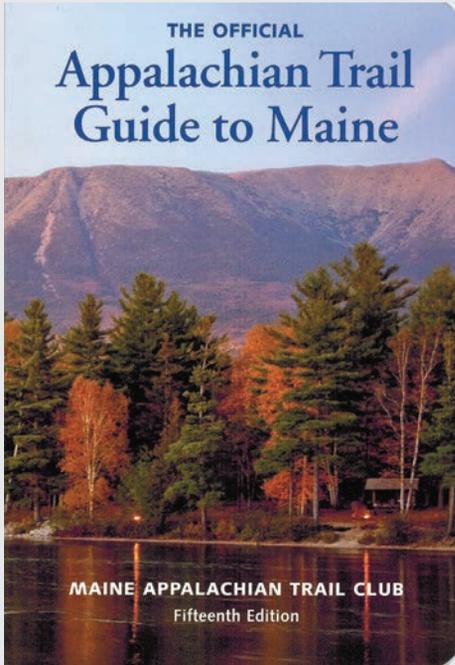
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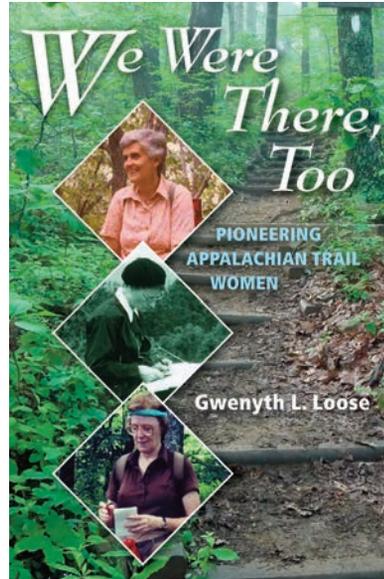
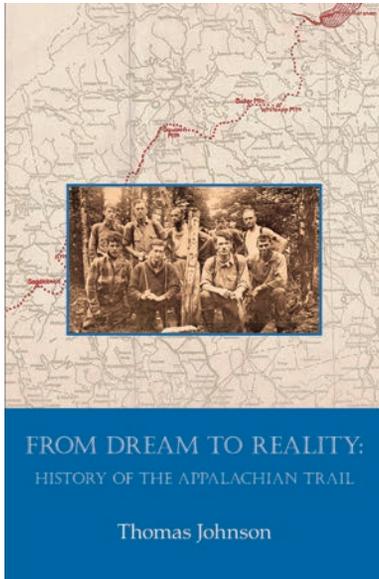
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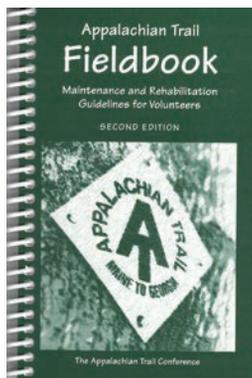
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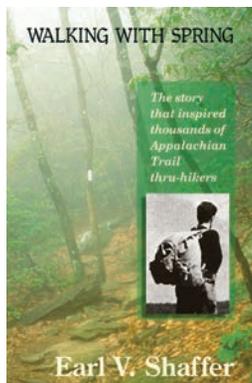
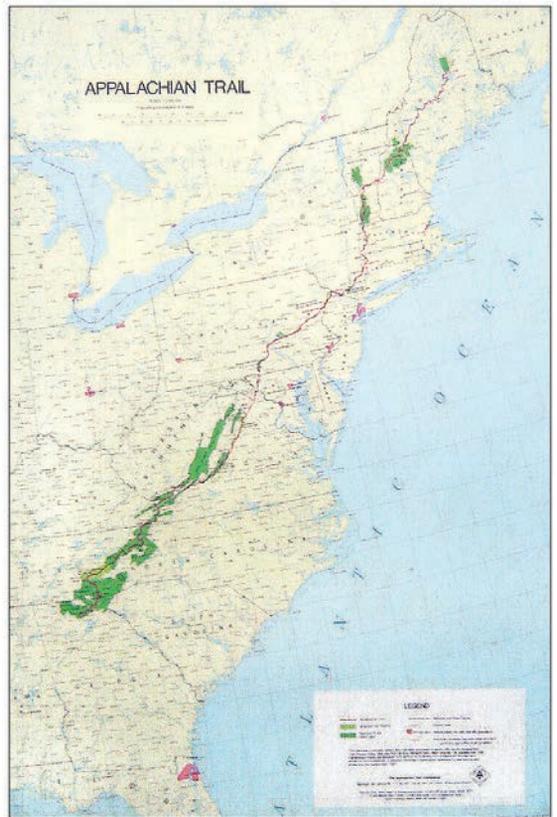
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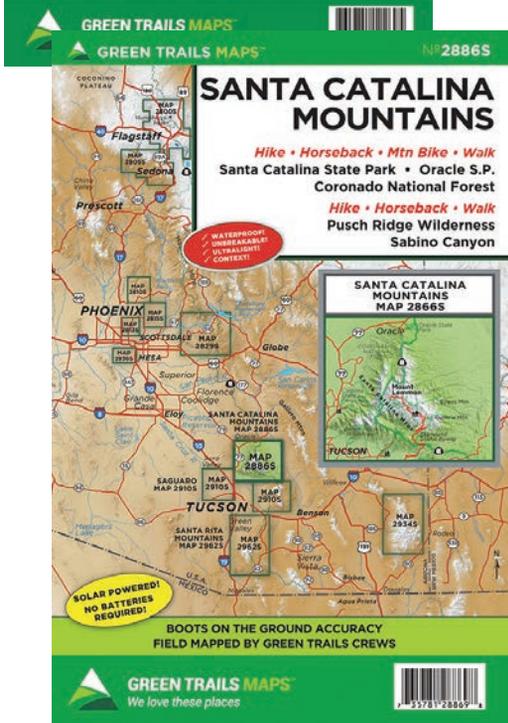


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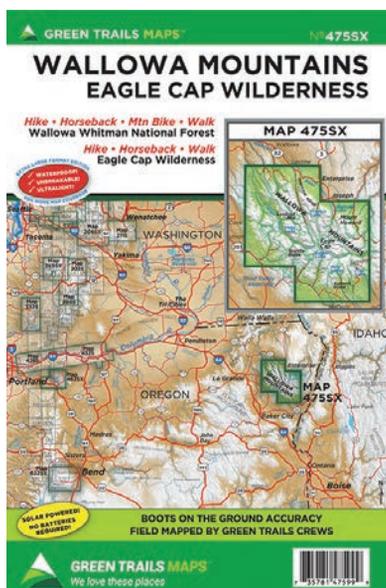
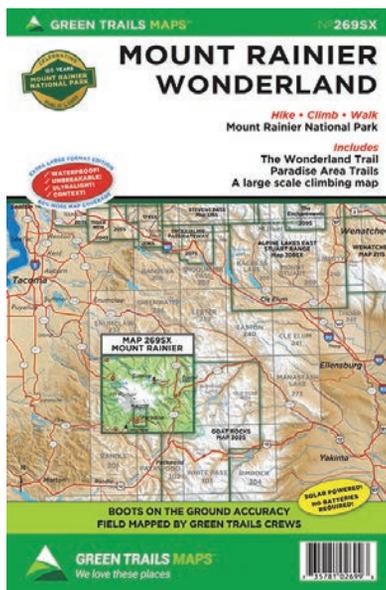
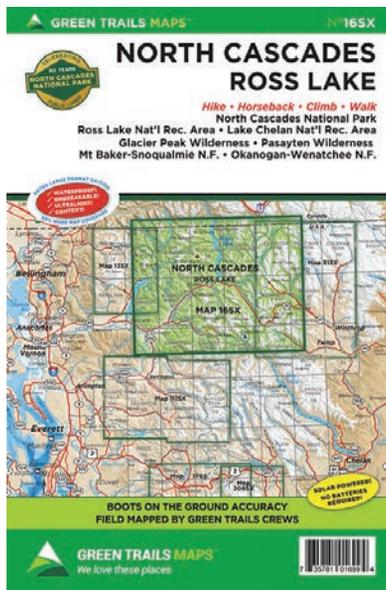
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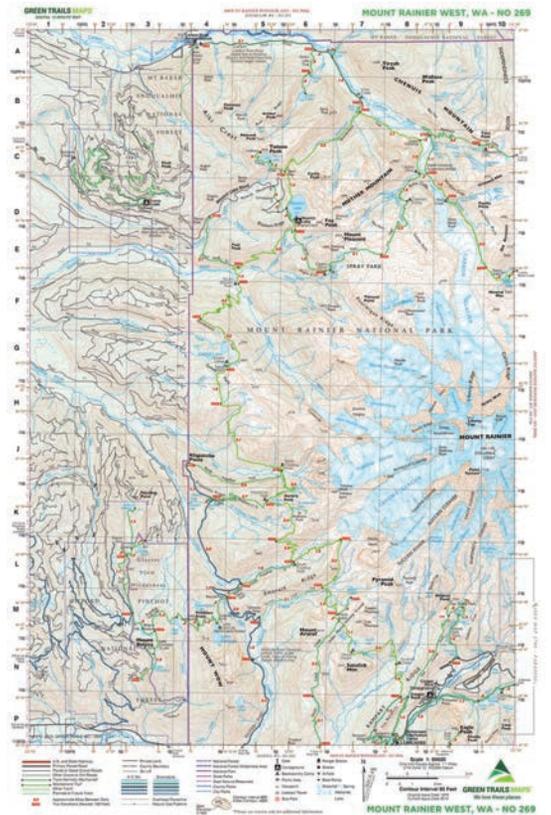
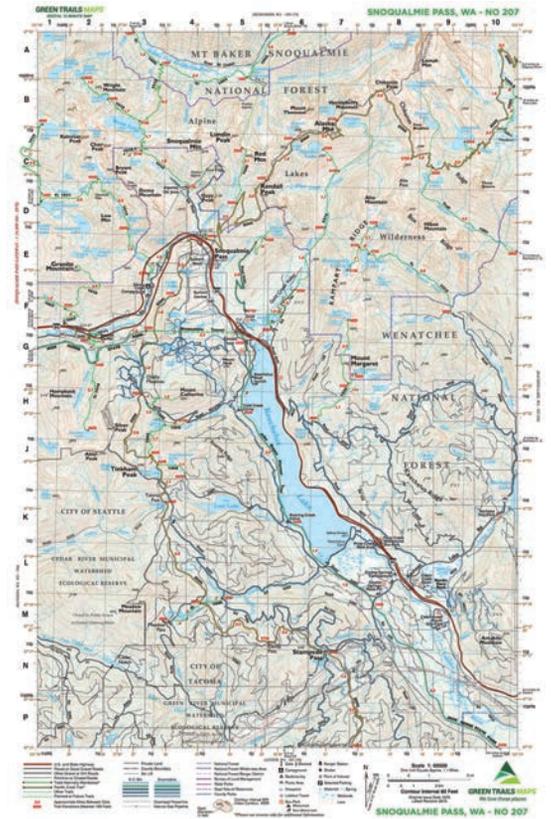
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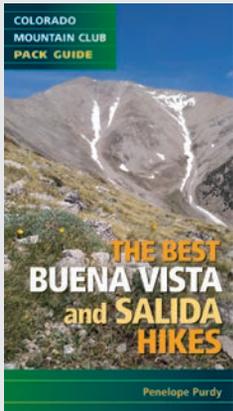
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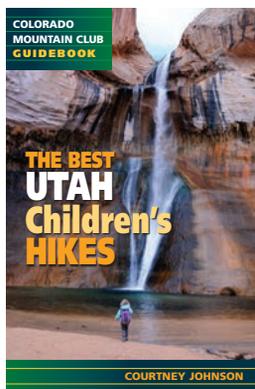
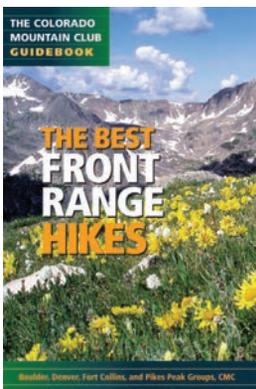
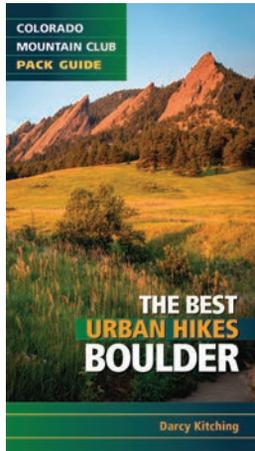
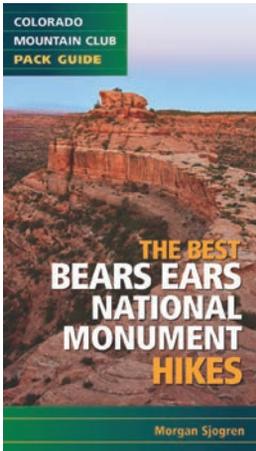
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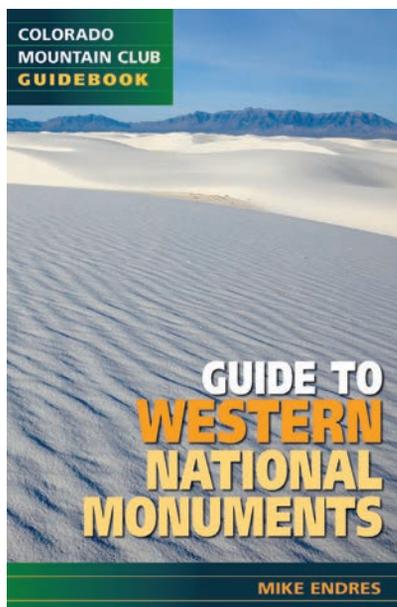
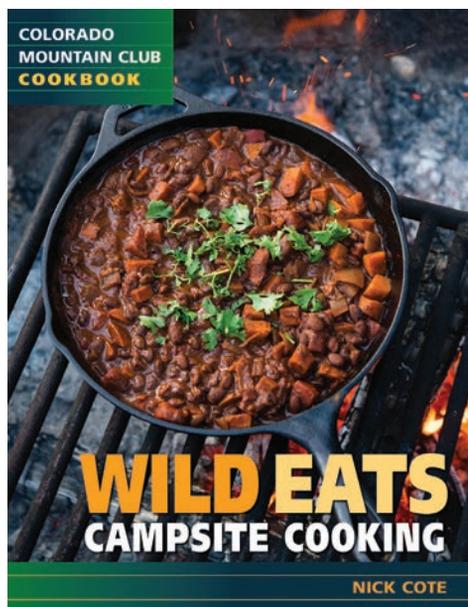
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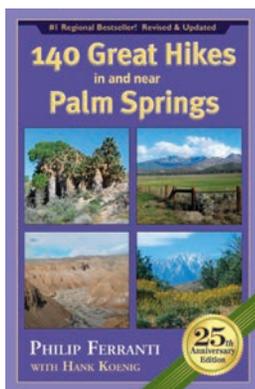


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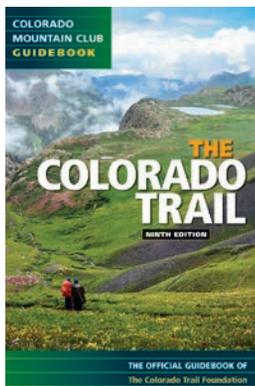
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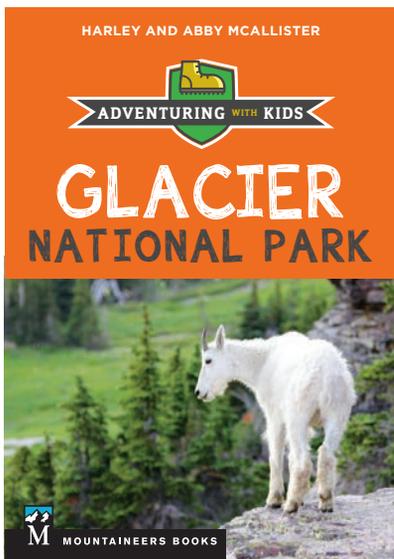
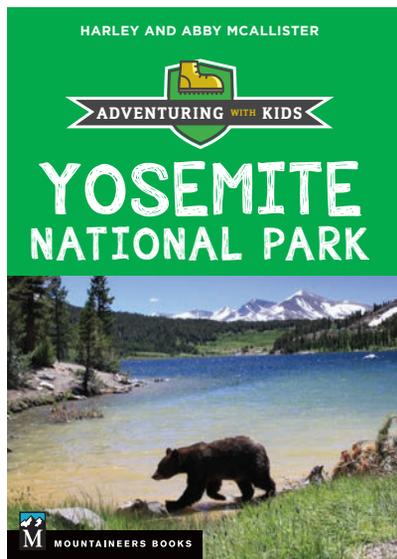
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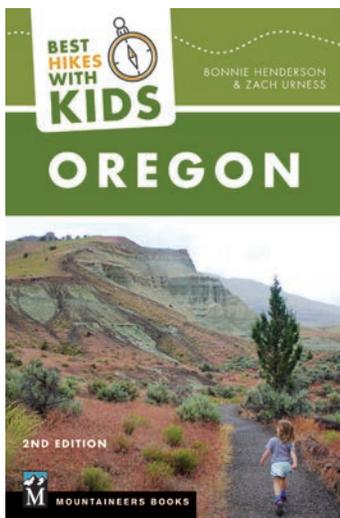
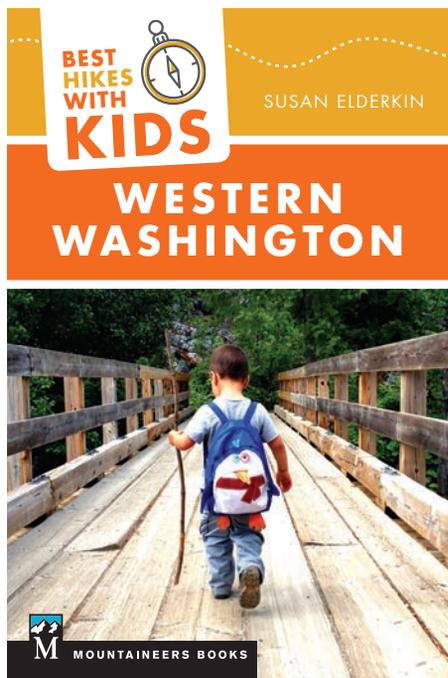
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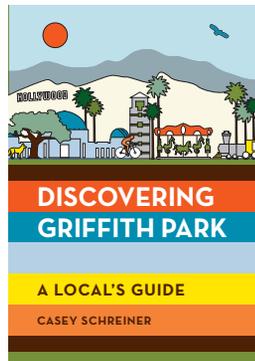
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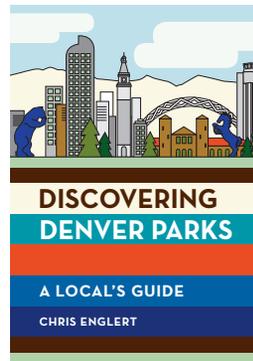
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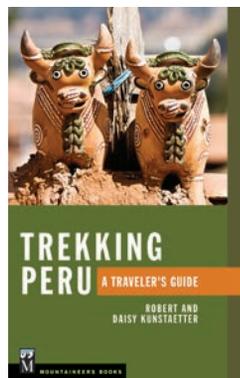
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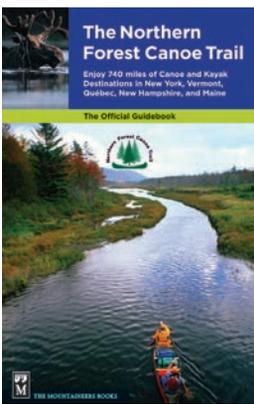
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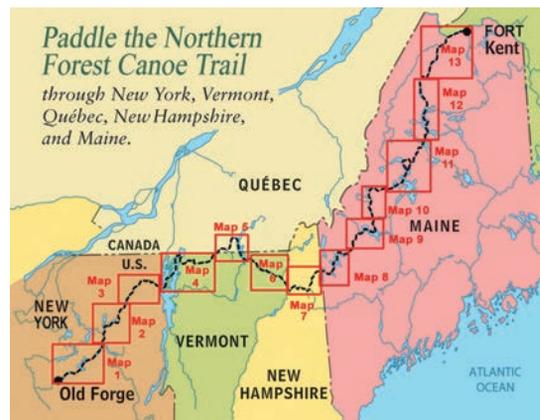
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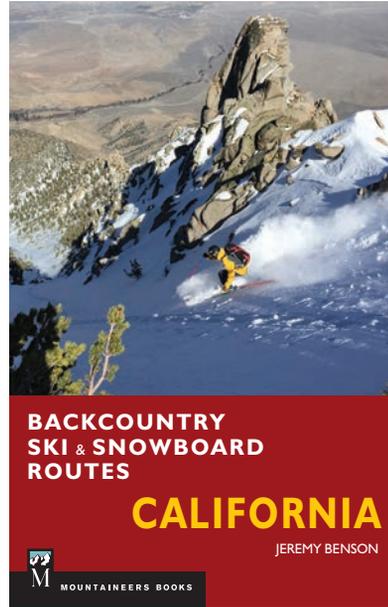
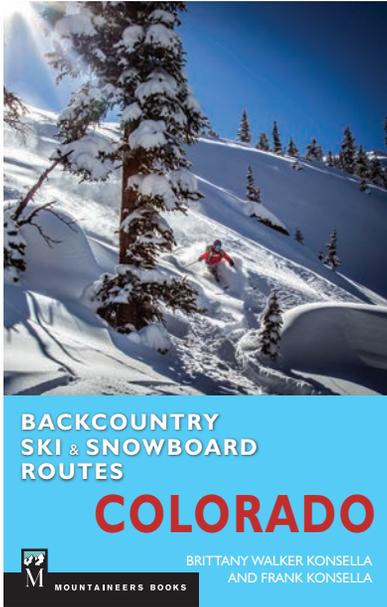
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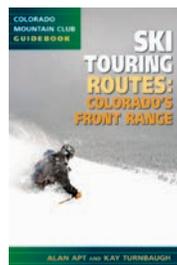
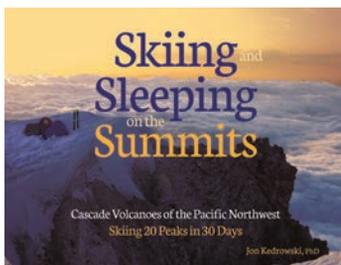
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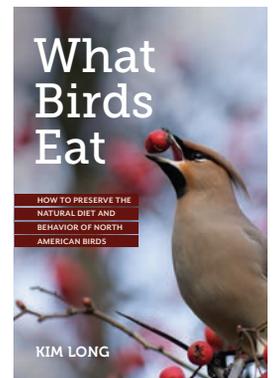
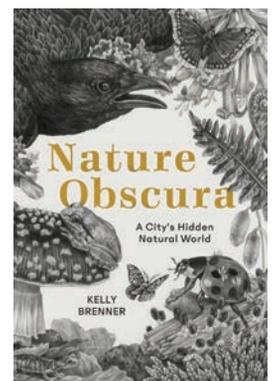
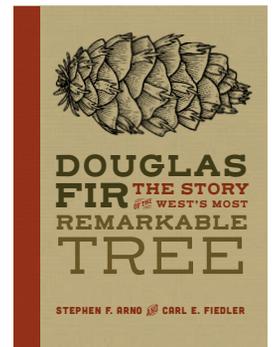
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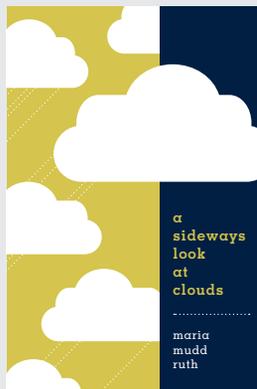
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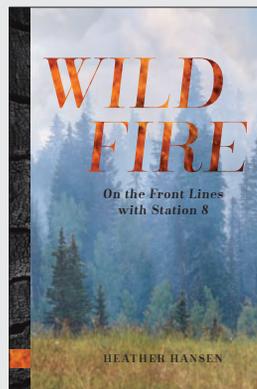
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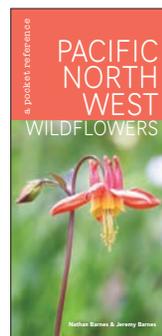
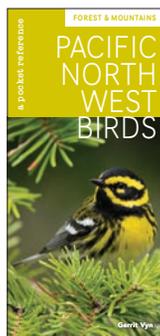
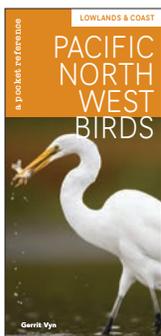
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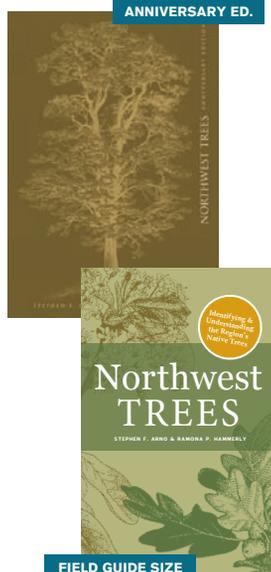
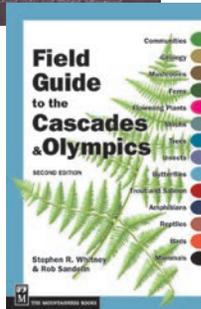
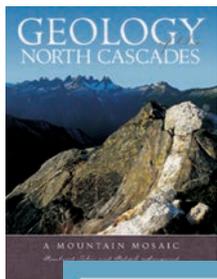
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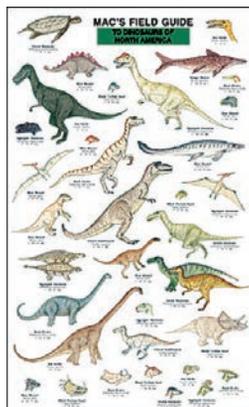
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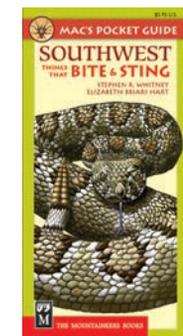
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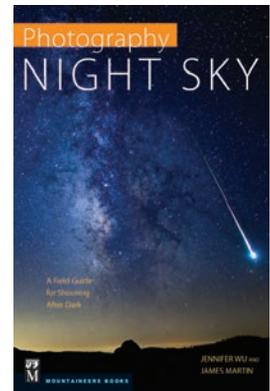
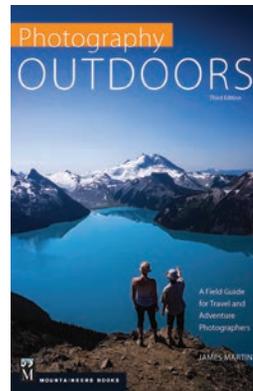
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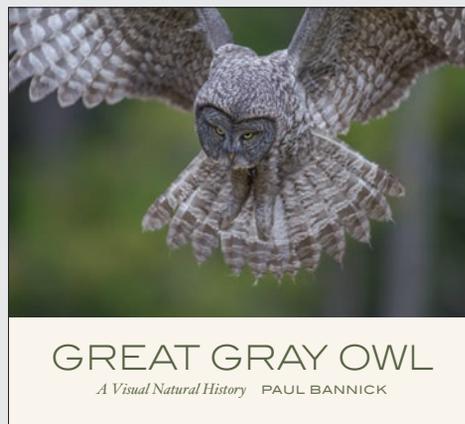
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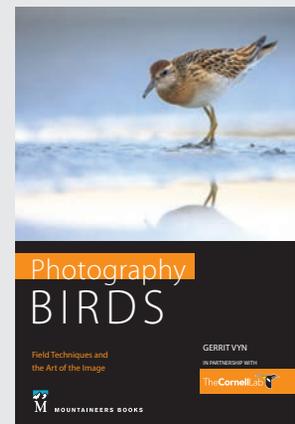
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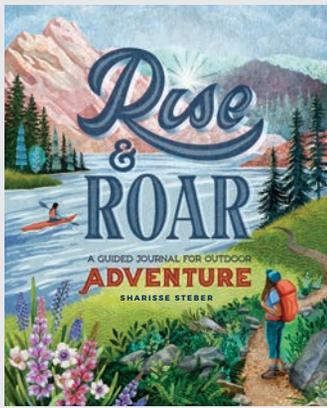
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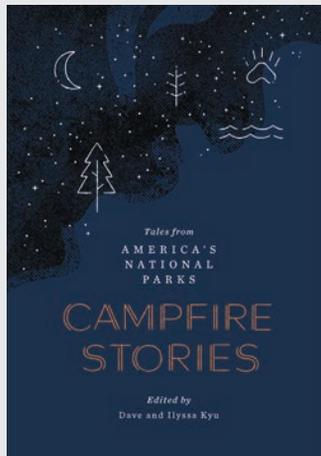
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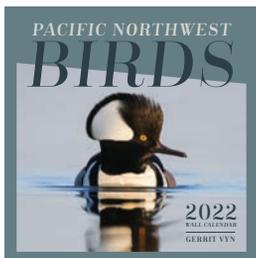
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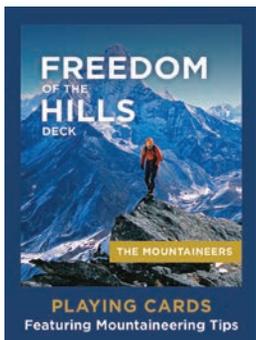
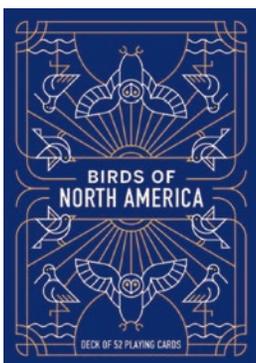
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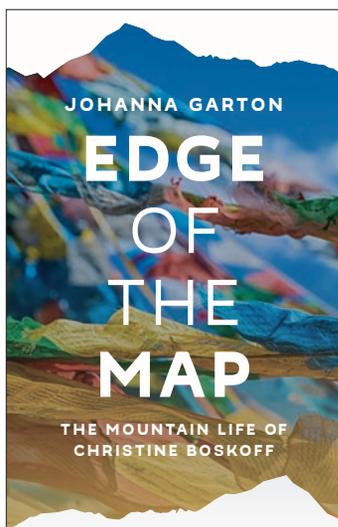
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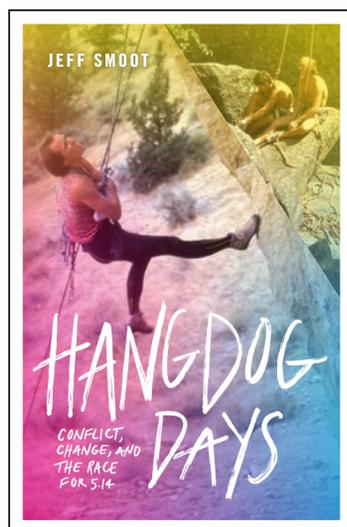
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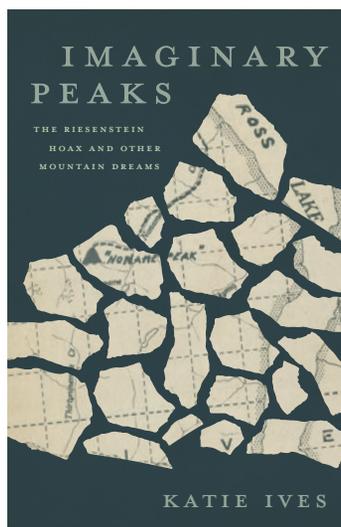
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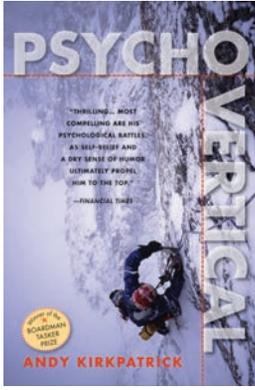
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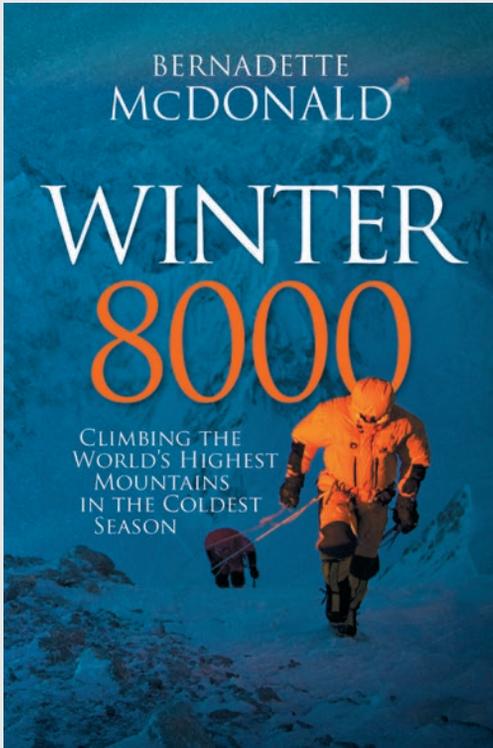
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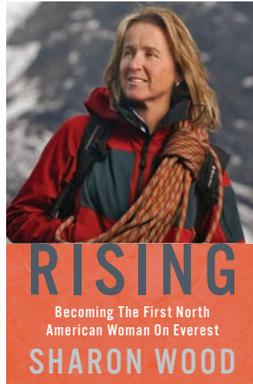
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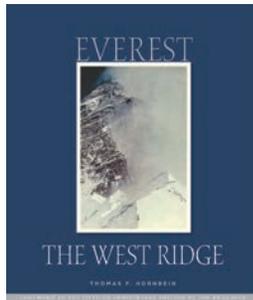
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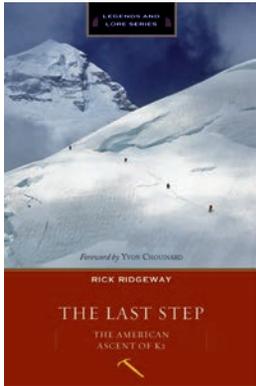
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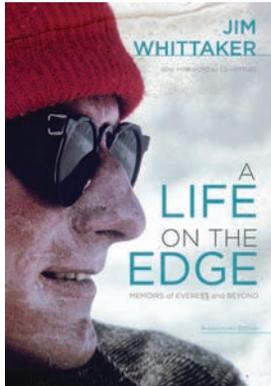
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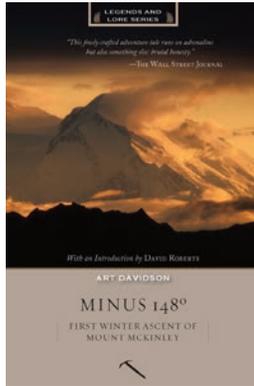
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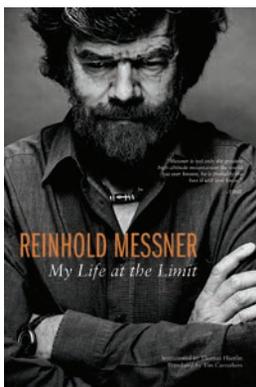
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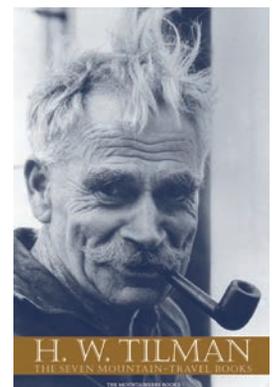
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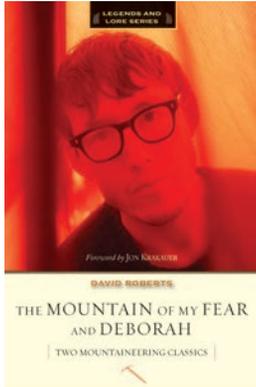
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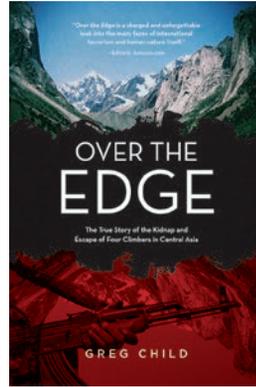
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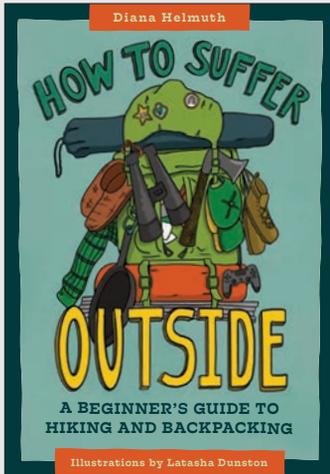
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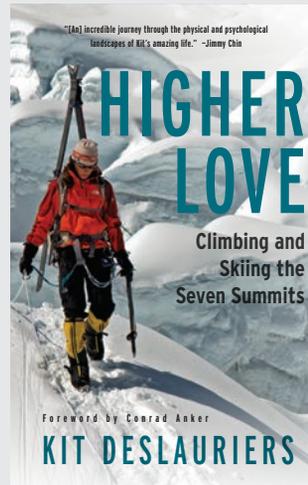
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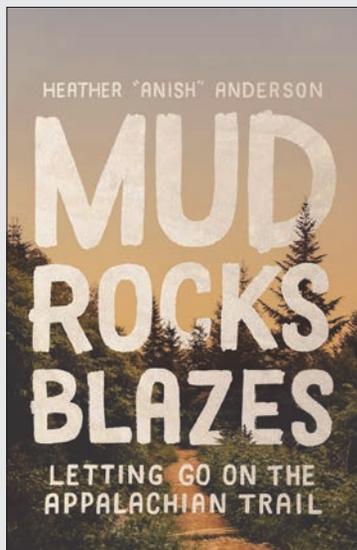
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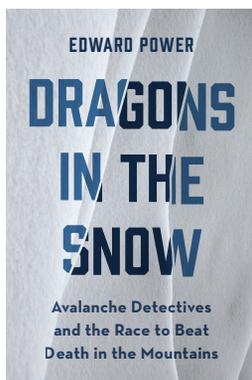
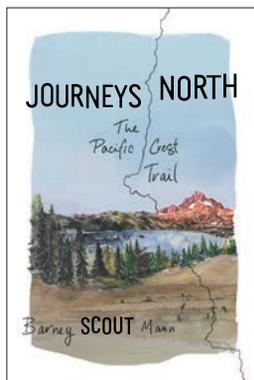
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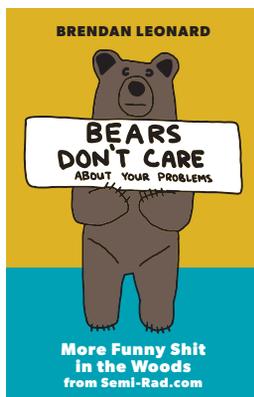
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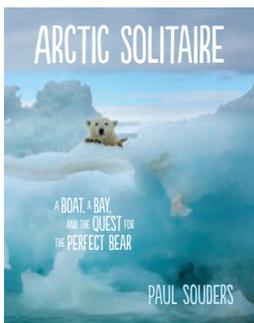
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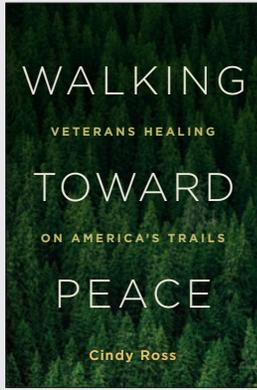
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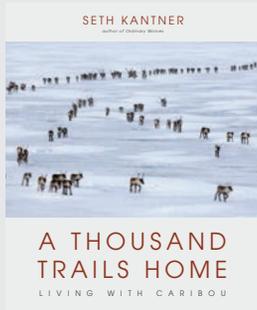
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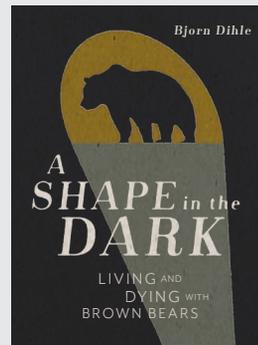


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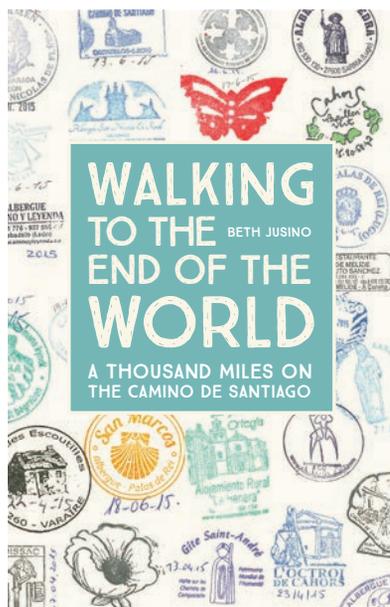
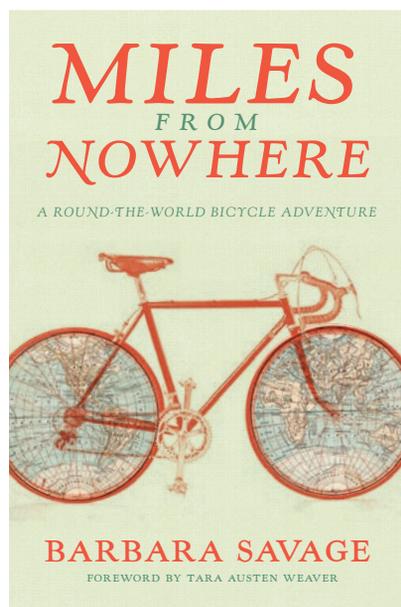
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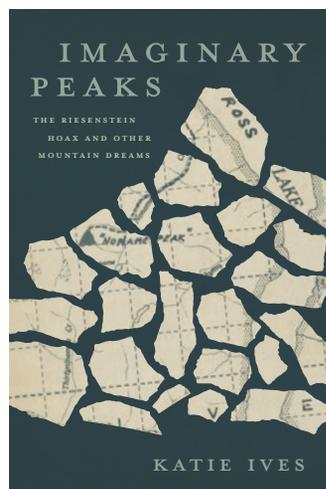
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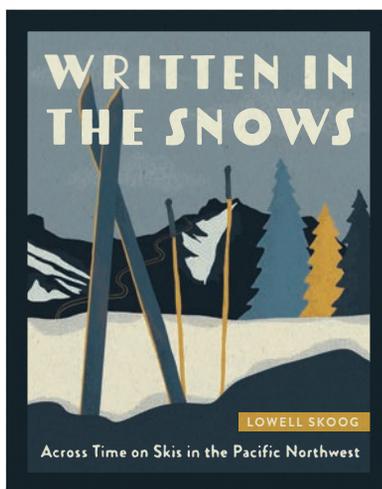
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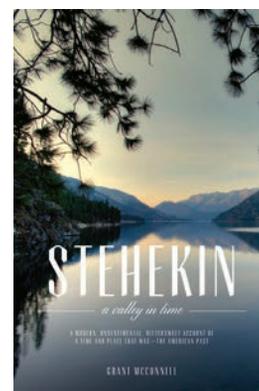
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Following is an index of titles sorted by region. We've indexed guidebooks here to make it easy to find the ones that are near you. Also included are some narrative adventures, because it's always fun to read stories that took place near where you live or in a faraway place you're interested in. A little more than half our catalog can be organized regionally. But don't forget about all those sports instructionals, general lifestyle topics, and wild, sweet, and romantic tales that aren't in this index. You need to browse through the pages here to find those treasures or, if you know the title, you can find them in the Title Index.

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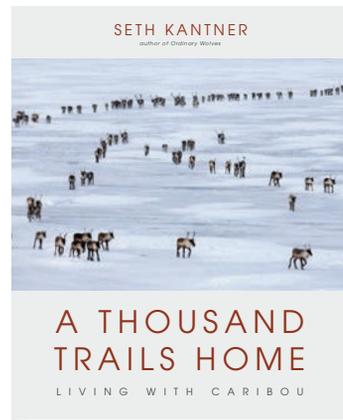
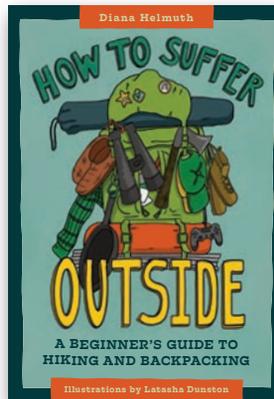
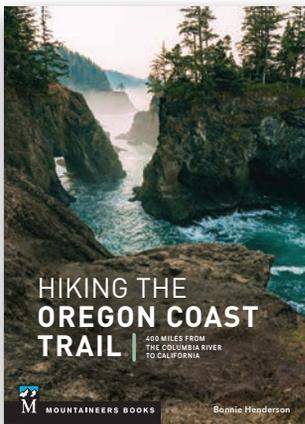


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