

**Obstacle Race Training Bible: The #1 Resource To
Prepare For And Conquer Any Course! By James
Villepigue**

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The title of the new book is: The Obstacle Race Training Bible - The #1 Resource To Prepare For & Conquer Any Course! It will be released in December 2012.

Army wives: the unwritten code of military marriage

A few weeks ago, we added Army Wives: The Unwritten Code of Military Marriage to the SpouseBUZZ Book Club. Tomorrow evening on SpouseBUZZ Talk Radio, we'll be

0:30

Obstacle race training bible: the #1 resource to prepare for

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Obstacle race training bible. the fifteen major obstacle races, including photographs of each obstacle, 1 resource to prepare for and conquer any course

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Expert: James Villepigue, CSCS, author of 28 books. His most recent being The Obstacle Race Training Bible: The #1 Resource to Prepare for and Conquer Any Course!

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