



Ultrasafe: A Guide To Safer Rock Climbing, George B. Allen, Preventive Press LLC, 2001, 0966916018, 9780966916010, 123 pages. The transitions from gym to outdoor sport climbing and from sport to traditional climbing are fraught with risk. Only by understanding and implementing the safest possible climbing styles can climbers reduce their risk. This guide is an ideal supplement to personal instruction, guide study, and practice climbing. George Allen has applied his extensive knowledge of climbing and safety to produce a must-use book for novice and intermediate climbers. Book jacket..

Rock Climbing , Diana C. Gleasner, Sep 12, 1980, Sports & Recreation, 116 pages. Provides techniques of climbing and information on equipment, safety, and places to climb..

Climbing Training for Peak Performance, Clyde Soles, 2008, Sports & Recreation, 269 pages. "Whatever your talent, experience, and ambition, if you climb you would do well to read Clyde Soles' training manual. This book will allow you to pull down harder, last longer ....

The Outdoor Knots Book , Clyde Soles, 2004, Sports & Recreation, 157 pages. It's fair to say that climber Clyde Soles is obsessed with ropes and knots and their absolute performance-since he regularly entrusts his life to ropes on sheer rockfaces. His ....

It's Not About the Bike My Journey Back to Life, Lance Armstrong, 2001, Biography & Autobiography, 289 pages. The champion cyclist recounts his diagnosis with cancer, the grueling treatments during which he was given a less than twenty percent chance for survival, his surprising ....

Longs Peak its story and a climbing guide, Paul William Nesbit, 1966, Sports & Recreation, 68 pages. .

North Cascades The Story Behind the Scenery, Saul Weisberg, Mary L. Van Camp, Jun 1, 1988, , 46 pages. See how wild mountains form and re-shape through glacial action, approach the residents of a varied ecosystem, and face the challenge of humans in the mountain world. This 9" x ....

Postcards from the Ledge , Greg Child, Jul 31, 2000, Photography, 226 pages. Peeling back the layers to reveal the gritty truth about the elite climbing world is Greg Child's specialty. With clever wit, sharp observations, and insightful reflections ....

Rock Climbing Anchors A Comprehensive Guide, Craig Luebben, 2007, Sports & Recreation, 250 pages. "Climbing anchors allow climbers to safely defy gravity. Solid anchors and proper rope techniques can prevent a fall from turning into a catastrophe, while bad anchors are an ....

Climbing Free My Life in the Vertical World, Lynn Hill, Greg Child, 2002, Biography & Autobiography, 270 pages. The memoirs of the woman rock climber who was the first person to accomplish a "free ascent" of the Nose on Yosemite's El Capitan describe her early days as a Hollywood stunt ....

The Self-coached Climber The Guide to Movement, Training, Performance, Dan Hague, Douglas Hunter, 2006, Sports & Recreation, 228 pages. Filled with pragmatic activities, worksheets, and illustrations, here is the perfect program for advancing your performance. Experienced climbers and coaches Dan Hague and ....

Rock Climbing Mastering Basic Skills, Craig Luebben, 2004, Sports & Recreation, 301 pages. \* Author was an American Mountain Guide Association (AMGA) certified rock guide and instructor\* Learning exercises reinforce key skills\* Step-by-step technique illustrated in ....

High Sierra Peaks, Passes, and Trails, R. J. Secor, 2009, Sports & Recreation, 501 pages. This new edition of the only guide to detail all the known routes on 570 peaks in the Sierra is completely reorganized to be even more user friendly and includes more than 100 ....

<http://eduln.org/3182.pdf>  
<http://eduln.org/6524.pdf>  
<http://eduln.org/788.pdf>  
<http://eduln.org/1874.pdf>  
<http://eduln.org/11495.pdf>  
<http://eduln.org/1237.pdf>  
<http://eduln.org/8150.pdf>  
<http://eduln.org/11859.pdf>  
<http://eduln.org/12571.pdf>  
<http://eduln.org/12249.pdf>  
<http://eduln.org/10462.pdf>  
<http://eduln.org/7129.pdf>  
<http://eduln.org/10354.pdf>