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## World's first female professional Obstacle Course Racing athlete releases new book

### The most accomplished woman in dynamic new sport reveals her training secrets

Obstacle course racing (OCR) is a relatively recent addition to the world of competitive sports. Started in England in 1997, it wasn't until 2010 that it began gaining momentum in the United States. Although far outside the norm of conventional organized sports, obstacle course racing is one of the world's fastest growing events, with hundreds of thousands of people throughout the world registering and showing up each weekend to race.

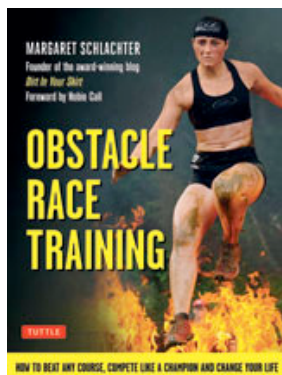
Margaret Schlachter, who competed at the very first Spartan Race in 2010 and is a recognized expert in obstacle course racing, brings her undeniable expertise and accessible voice to the hundreds of thousands of people out there who are falling in love with this unconventional sport. In **OBSTACLE RACE TRAINING**, Margaret shows how this sport can be a life changer, regardless if you are a professional athlete, a weekend warrior or a complete newbie. Margaret walks you through the basics of obstacle course racing and provides information about the different events like Spartan Race, Warrior Dash and Tough Mudder.

You will learn how to find the race that's right for you, how to create a balanced training program and how to prep for race day and beyond. Step up your overall fitness and have fun doing it with **OBSTACLE RACE TRAINING!**

If you've ever wanted a new and different way to challenge yourself—and get muddy in the process—pick up this book and start having the time of your life!

### About the Author

**Margaret Schlachter** has been obstacle course racing from its birth in 2010 and is the dominant female voice in this sport. In June 2012, she became the first professional female obstacle course racer, with the help of her sponsors. She currently devotes all her time to racing, writing for About.com, FitnessRX for Women Magazine, Mud & Obstacle Magazine, and blogging at her award-winning blog DirtInYourSkirt.com. Margaret's mission is to inspire more women to get off the couch and get active each day!



### **OBSTACLE RACE TRAINING**

By **Margaret Schlachter** • Foreword by **Hobie Call**

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