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Hanging In There



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Synopsis

The Red Bull X-Alps is the world’s most extreme race. With only a paraglider and a pair of hiking boots athletes attempt to cross the Alps from Salzburg in Austria to Monaco. In this book, British athlete Jon Chambers brings you even closer to the action and reveals his personal story of his 2011 race. In doing so he reveals the harsh reality of what it takes to compete in this uniquely demanding challenge: the physical and mental hardship, equipment, extreme conditions, strategic thinking and lucky escapes.

Book Information

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Customer Reviews

I stumbled on this book looking for more information on paragliding and powered paragliding. I’d never heard of the Red Bull X-Alps; bought this as a "well let’s see what that is all about". Turned out to be a well written account (an action adventure story) of Jon’s first X-Alps competition. Briefly, the X-Alps is a hiking/paragliding endurance race from Austria along the Alps to Monaco. The story doesn’t drag and there are sections where I wouldn’t stop reading and go to bed until he was successfully back on the ground. You don’t have to be an endurance athlete or a paragliding enthusiast to enjoy this book.

This is a great book to get in touch with what happens in the mind and body of a high endurance athlete doing one of the most demanding races in the world. Whether you are a paragliding pilot or not, the book takes you on a gripping, fast-paced narration of the day to day planning, strategy analysis, tactics, accomplishments and failures of the athlete, painting images of the mental and physical challenges he needs to endure to keep moving, day and night, towards goal.For paraglider pilots, itÃƒÂ¢Ã â ¬Ã â„¢s a refreshing read of the accounts of a very talented paraglider flying in all sorts of otherwise unflyable conditions ÃƒÂ¢Ã â ¬Ã â œ an eye opener that will show you the true extent of the potential of the simplest of flying machines as a travel vehicle.For non-flying adventurers, the book will introduce you to yet another fascinating way to explore nature, using the energy in the air to travel effortlessly like a soaring bird.

This book was an invaluable source of information for me as I hope to also do the Red Bull X-Alps someday. Not just that, it was entertaining, funny, and a great insight into the world of extreme sports. All I can say is, I hope everyone has the chance to paraglide someday, when your feet leave the ground and you first take flight, that's an incredible moment.

I've only seen short videos of this race. It's pretty cool to read about the details of the race from one participant's view.This was a good read that kept me hooked most of the time. I highly recommend it.Also, I have just started paragliding. I found this book very educational!

I was gripped by this day by day account of competing in the X-Alps competition in 2011. Jon Chambers tells the story of his participation in the gruelling 2-week competition with a refreshing candour which gave me the feeling that I'd been there with him. Highly recommended!

This book was so good that I've read it twice now! For anyone that really wants to feel what it would be like to compete in the X-Alps race, this is the book to read.

Jon does an excellent job relating the daily nitty gritty of one of the most challenging races, the X-Alps. If you are into ultralight flying at all this book will hold your interest front to back.

Excellent account of the day by day a adventure of a truly x adventure through the amazing mountains of Italy Switzerland and Austria

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