

A black and white portrait of Mike Stroud, a man with a full beard and mustache, wearing a dark beanie and sunglasses. He is looking directly at the camera. The background is a blurred outdoor scene, possibly a beach or a field.

MIKE STROUD

SHADOWS  
ON THE  
WASTELAND

CROSSING ANTARCTICA WITH RANULPH FIENNES

# Shadows On The Wasteland Crossing Antarctica With Ranulph Fiennes

**R Barnett**



## **Shadows On The Wasteland Crossing Antarctica With Ranulph Fiennes:**

**Shadows on the Wasteland** Mike Stroud,1993 Narrative account of the unsupported trans Antarctic manhauling expedition undertaken in 1992 1993 and subsequent studies of physiological effects of cold and near starvation states

**Shadows on the Wasteland** Mike Stroud,1996-02 When Sir Ranulph Fiennes and Dr Mike Stroud ended their journey on foot across Antarctica in February of 1993 they were frostbitten and close to starvation They had made the first coast to coast crossing of the continent unsupported by men animals or machines and were too weak to continue over the floating Ross ice shelf to open water Ninety five days earlier they had begun pulling nearly 500 lbs each of essential food and fuel on sleds and on the way they endured windchill temperatures as low as minus 185 degrees Fahrenheit Mike Stroud doctor nutritionist and survival consultant to the British Ministry of Defense is no stranger to the Polar regions He was a member of the In the Footsteps of Scott expedition and has made several attempts with Fiennes to reach the North Pole from Canada and Russia over crumbling sea ice But this record breaking trek across Antarctica represented a physical and psychological challenge that has been likened to the first conquest of Mount Everest In the tradition of the great expedition memoirs of Hillary Scott and Byrd Stroud s book is a compulsively readable account of what happens when habits and fears compassion and resentments fortitude and physical limitations are magnified in a struggle to conquer the most hostile landscape on the planet Stroud s chronicle of the 1 350 mile traverse at the South Pole is as moving as it is surprising revealing a no man s land of the mind a territory where psychological as well as physical stress interact to provide a challenge greater than the brutal landscape and unpredictable weather alone Few will fail to be gripped by this exciting account of what is perhaps the most celebrated Polar trek of our time *Backpacker* ,1994-09 Backpacker brings the outdoors straight to the reader s doorstep inspiring and enabling them to go more places and enjoy nature more often The authority on active adventure Backpacker is the world s first GPS enabled magazine and the only magazine whose editors personally test the hiking trails camping gear and survival tips they publish Backpacker s Editors Choice Awards an industry honor recognizing design feature and product innovation has become the gold standard against which all other outdoor industry awards are measured

Exotic Preferences George Loewenstein,2007-08-02 George Loewenstein analyses how individual preferences are formed whether they can be predicted and the extent to which they are influenced by emotion rather than reason These writings include the author s most influential papers on this intriguing topic **Survival Of The Fittest** Mike Stroud,2010-04-01

Discover the secrets of how to perform at your best in 2019 In this fascinating book based soundly in medical science Mike Stroud of BBC Television s The Challenge and SAS Are You Tough Enough sets out the genetics diet and exercise that enable humans to perform at their peak Dr Stroud polar explorer practising hospital physician and a former adviser to the Ministry of Defence analyses individual feats of survival and athletic prowess that illustrate the way the body functions at its best He dissects his own challenging experiences of crossing Antarctica with Ranulph Fiennes running marathons in the Sahara and

participating in gruelling cross country endurance races in the United States and gives some tips on how to stay fit for life for those of us who find walking the dog an endurance challenge This revised edition includes the story of Dr Stroud and Sir Ranulph Fiennes incredible 2003 global marathon challenge seven marathons on seven continents in seven days in aid of the British Heart Foundation The ultimate sporting diet documented in mouth watering detail The Times *Climbing* ,1995

*The Spectator* ,1993 *The Alpine Journal* ,1995 **Expedition and Wilderness Medicine** Gregory H.

Bledsoe,Michael J. Manyak,David A. Townes,2008-11-03 With an increase in visits to remote and dangerous locations around the world the number of serious and fatal injuries and illnesses associated with these expeditions has markedly increased Medical personnel working in or near such locations are not always explicitly trained in the management of unique environmental injuries such as high altitude sickness the bends lightning strikes frostbite acute dehydration venomous stings and bites and tropical diseases Many health care professionals seek training in the specialty of wilderness medicine to cope with the health risks faced when far removed from professional care resources and the American College of Emergency Medicine has recently mandated that a minimum level of proficiency needs to be exhibited by all ER physicians in this discipline This book covers everything a prospective field physician or medical consultant needs to prepare for when beginning an expedition and explains how to treat a variety of conditions in a concise clinically oriented format

**Summit Guide** ,1995 *Exploring Polar Frontiers* William James Mills,2003-12-11 Covers the entire history of Arctic and Antarctic exploration from the voyage of Pytheas ca 325 B C to the present in one convenient comprehensive reference resource

*Exploring Polar Frontiers A Historical Encyclopedia* is the only reference work that provides a comprehensive history of polar exploration from the ancient period through the present day The author is a noted polar scholar and offers dramatic accounts of all major explorers and their expeditions together with separate exploration histories for specific islands regions and uncharted waters He presents a wealth of fascinating information under a variety of subject entries including methods of transport myths achievements and record breaking activities By approaching polar exploration biographically geographically and topically Mills reveals a number of intriguing connections between the various explorers their patrons and times and the process of discovery in all areas of the polar regions Furthermore he provides the reader with a clear understanding of the intellectual climate as well as the dominant social economic and political forces surrounding each expedition Readers will learn why the journeys were undertaken not just where when and how *Poetry* Harriet Monroe,1996 **Bodystat** Eric

Witt,Carol Wirth,1996 You ve tried eating lots of protein grape fruit rice cakes or cottage cheese You ve tried not eating much of anything at all You ve tried diets recommended by doctors models actresses or tabloids But the pounds don t melt away like they re supposed to and even worse they come back fast Bodystat can change all that How Not by changing the size of your dinner plate or how many times you chew your food or by sending you off to buy food you never heard of but by changing your understanding of food and how your body uses it In Bodystat authors Eric Witt and Carol Wirth explain in

clear easy to understand language the scientific principles underlying the set point at which the body begins to resist fat loss and how it can be reset It s not time consuming expensive complicated or painful In fact it s as simple as low fat eating and moderate exercise Yes you ve heard that before but here the authors walk you through how to understand labels menus and all that confusing exercise advice so you can develop your own plan for lowering your fat set point Best of all they offer lots of choices that you can tailor to your own preferences and habits Eric and Carol know their advice can help you because it has helped so many of their friends and workshop participants Carol s colleagues kept asking her how she could eat so much and look so good They didn t know that Carol had yo yoed for years while trying fad diets before she and Eric researched developing a healthier lifestyle that would work for them Soon they were advising friends then giving popular workshops and now are sharing their ideas in Bodystat They ve included dozens of practical tips twenty seven of their favorite recipes and most important the principles about diet and exercise that will empower you to be healthier and happier with your body forever You don t have to try to follow day by day diets full of food you hate or diagrammed exercises you can t figure out With Bodystat you will see the big picture and smile

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