

YOUR ONLY OPTION

Fear & Loathing on the Iditarod Trail

Key Points: Non-Fiction

Unique achievement – only person to complete both the Yukon Quest and Iditarod trails on foot.

Extreme peril – blizzards, shifting sea ice, storms, and risks of hypothermia, frostbite and animal attacks

Raw honesty – a gritty account of injury, pain and accomplishment against brutal odds.

Crossover appeal – for readers of true adventure, survival literature, and extreme endurance.

Your Only Option

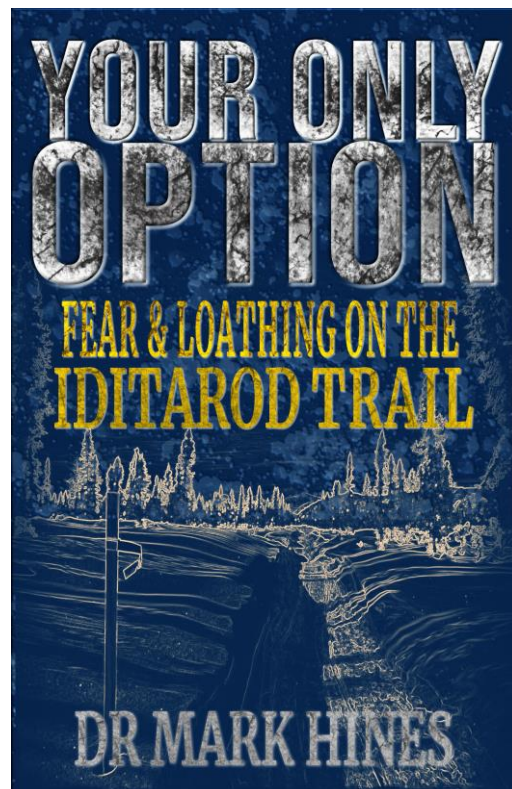
The 1000-mile Iditarod Trail is one of the toughest and most dangerous trails in the world. For Dr Mark Hines, attempting it alone and on foot meant entering a world of relentless pain and peril.

Overuse injuries plagued him from the outset, compounded by brutal blizzards and extreme cold. A perilous crossing of Norton Bay in horrendous conditions could have been fatal. With a 30-day cut-off and his body breaking down, Hines endured one of the most hostile environments on Earth. *Your Only Option* is the raw, uncompromising story of survival, resilience, and obsession on the Iditarod Trail.

Advance Praise

Very well written, funny, motivational, and his best yet. I especially loved the detail about doing something like that; It genuinely felt like being there

– Carlton Boyce, Journalist



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About the Author

Dr Mark Hines is an adventurer, endurance athlete, and scientist. He has raced in deserts, jungles, over the Himalayas and across the Arctic. He is the only person in the world to have completed both the full Yukon Quest and Iditarod 1000-mile trails on foot.

About the Publisher

We are a small independent publishing house thriving in the Cotswolds. We were founded in 2005 with a focus on books about adventure, sport, health, diet, nutrition and popular science.

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