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About the Race. Mudd, Sweat and Tears is a Canadian owned and operated national obstacle course race series. Our courses combine the best organic and natural features

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Genre/Form: Electronic books Anecdotes Biography: Additional Physical Format: Print version: Grylls, Bear. Mud, sweat, and tears. New York : William Morrow, c2012

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Mud, sweat and tears bear grylls book review

exposure that made Bear Grylls a household name for but Mud, Sweat And Tears is his first all Grylls breaks his autobiography down into three

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Mudd, Sweat & Tears is a mud run obstacle course race series for Canada for Spartans, Mud Hero and Tough mudders.

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