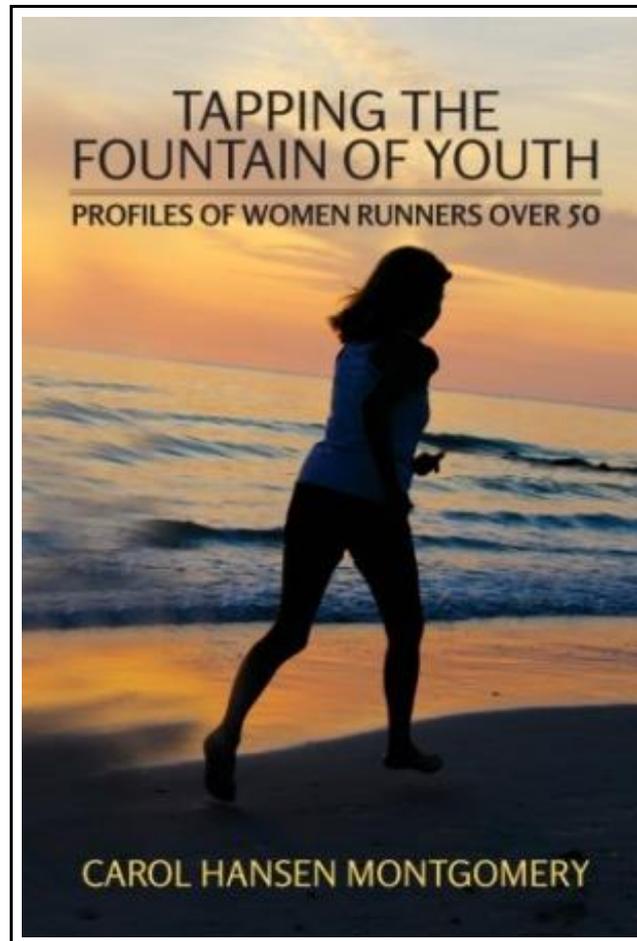


## Tapping the Fountain of Youth: Profiles of Women Runners Over 50



Filesize: 9.45 MB

### ***Reviews***

*It is simple in study safer to understand. It can be full of knowledge and wisdom Your way of life span is going to be enhance when you full looking at this book.*

*(Lavinia Torp)*

## TAPPING THE FOUNTAIN OF YOUTH: PROFILES OF WOMEN RUNNERS OVER 50

DOWNLOAD



To download **Tapping the Fountain of Youth: Profiles of Women Runners Over 50** PDF, please access the hyperlink below and save the file or gain access to additional information which might be relevant to **TAPPING THE FOUNTAIN OF YOUTH: PROFILES OF WOMEN RUNNERS OVER 50** ebook.

Createspace, United States, 2012. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Foreword by Kathrine Switzer. This book consists of transcripts of interviews with 28 women ages 50 to 83 who run and compete in road races. These women range from international class competitive runners to recreational athletes. While each has a unique, inspiring story to tell, they are also, collectively, in a sense, everywoman. They are single, married, working, retired-from different races and ethnicities. Some have children, grandchildren, or even great-grandchildren. They are survivors, who have experienced loss, illness, or personal crises-yet find in their running a new strength to cope with these losses. What have these women found as runners that brings them back every year? What can readers learn from their longevity in competition? Perhaps the key lesson is that many of the limits people set are artificial and that with proper self-care, we not only can extend our lives but enhance our physical, mental and emotional vitality. To quote Betty Lundquist When I started running, my son-in-law said to me: Mom, I can t promise that running will extend your life, but I promise running will extend your active life. That is so true. While competitive success-and the pride that comes with it-is a motivating theme in all lives of the women we profile, it s only one reason to run. Dori Iten perhaps put it best: The self-confidence carries over to other areas of my life. Several women used running to stop smoking. Not wanting to gain weight was mentioned almost universally. With obesity on the rise, it is more important than ever to counter that trend with stories of people who successfully live healthy, active lives-and who, as a result, don t need expensive...



[Read Tapping the Fountain of Youth: Profiles of Women Runners Over 50 Online](#)



[Download PDF Tapping the Fountain of Youth: Profiles of Women Runners Over 50](#)

## Other Kindle Books



**[PDF] History of the Town of Sutton Massachusetts from 1704 to 1876**

Follow the link under to read "History of the Town of Sutton Massachusetts from 1704 to 1876" PDF document.

[Save Document »](#)



**[PDF] From Kristallnacht to Israel: A Holocaust Survivor s Journey**

Follow the link under to read "From Kristallnacht to Israel: A Holocaust Survivor s Journey" PDF document.

[Save Document »](#)



**[PDF] Chicken Licken - Read it Yourself with Ladybird: Level 2**

Follow the link under to read "Chicken Licken - Read it Yourself with Ladybird: Level 2" PDF document.

[Save Document »](#)



**[PDF] Polly Oliver s Problem: A Story for Girls**

Follow the link under to read "Polly Oliver s Problem: A Story for Girls" PDF document.

[Save Document »](#)



**[PDF] Fox Tales for Kids: Fifteen Fairy Stories about Foxes for Children**

Follow the link under to read "Fox Tales for Kids: Fifteen Fairy Stories about Foxes for Children" PDF document.

[Save Document »](#)



**[PDF] The Village Watch-Tower (Dodo Press)**

Follow the link under to read "The Village Watch-Tower (Dodo Press)" PDF document.

[Save Document »](#)