



# **Bike for Life: How to Ride to 100--and Beyond, revised edition**

*Roy M. Wallack*

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**Do You Want to Ride to 100—and Beyond?**  
**BIKE FOR LIFE!**

Now with training plans, worldwide adventures, and more than 200 photos

**Ride a century when you turn a century:** that was the promise *Bike for Life* offered when it was first published. A decade later, this blueprint for using cycling to achieve exceptional longevity, fitness, and overall well-being has helped tens of thousands of cyclists to ride longer and stronger. Now, nationally-known fitness journalist and lifelong endurance road and mountain biker Roy M. Wallack builds upon his comprehensive *Bike for Life* plan with even more practical tips and strategies to keep you riding to 100—and beyond.

Fully updated, revised, and illustrated, *Bike for Life* features:

- Cutting-edge workout strategies for achieving best-ever fitness at any age
- Science-based 8- and 16-week Century training schedules
- A radical new workout method that'll make you fly up the hills
- An anti-aging plan to revive muscularity, strength, and reaction time
- An exclusive 10-step Yoga for Cyclists routine
- Strategies to fix "cyclist's knee" and "biker's back"
- Advice on avoiding cycling-related impotence and osteoporosis
- Ways to survive mountain lions, bike-jackers, poison ivy, and headwinds
- Handling skills and bike-fit advice from famous coaches
- Tips on staying motivated with worldwide adventures and challenges
- The Bike for Life hall of fame: stories of amazing riders in their 60s, 70s, 80s, and up

With oral-history interviews and profiles of the biggest names of the sport, including: John Howard, Gary Fisher, Rebecca Rusch, Ned Overend, Tinker Juarez, Juli Furtado, Marla Streb, Missy Giove, Johnny G, Eddie B, Mike Sinyard, and Rich "The Reverend" White.

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