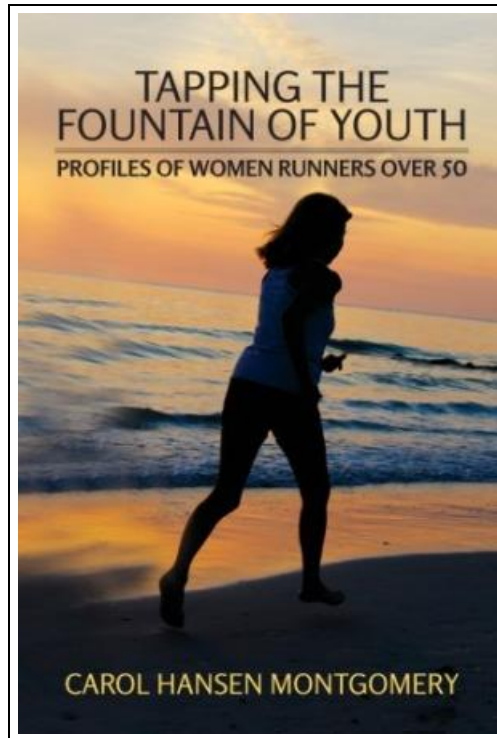


## Tapping the Fountain of Youth: Profiles of Women Runners Over 50



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



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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...



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