



Bike for Life: How to Ride to 100

By Roy M. Wallack, Bill Katovsky

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Cycling is one of the most popular and fastest growing activities in the nation—today more than 56 million recreational cyclists bike regularly in the United States. Now leading cycling journalists Roy M. Wallack and Bill Katovsky have assembled into one essential resource everything cyclists needs to know to bike for a lifetime. These experts present groundbreaking information on medical research, training techniques, nutrition, and technology and equipment trends that impact the sport at every level. They also assess the risks and provide informative solutions to many bike-related conditions that have been overlooked, sensationalized, or are just emerging, including impotence, osteoporosis, weakened immune systems, sore backs, depression, and even fractured relationships. Also featured are a dozen in-depth interviews with cycling legends, such as Gary Fisher, Ned Overend, John Howard, Missy Giove, Eddie B, and Marla Steb. This authoritative guide to getting the most out of your bike riding will appeal to cycling enthusiasts of all ages and abilities, and is a must-read for everyone who loves to get on a bike to compete, to keep fit and promote longevity, for fun, or simply to get from point A to point B.

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Review

A great, funny page-turner that you simply don't expect. -- *MICHAEL FRANK, Deputy Editor, Bicycling and Mountain Bike*

Bike for Life could be the most important book in your life. -- *SAL RUIBAL, USA Today cycling writer*

What a great book! -- *STEVE BOEHMKE, Mountain Bike Hall of Fame inductee*

About the Author

ROY M. WALLACK has survived the Eco-Challenge, the Soviet Union by bike, and some of the world's toughest two-wheel events. Author of The Traveling Cyclist and a former editor at Bicycle Guide, California Bicyclist, and Triathlete magazines, he is a sports-gear columnist for the Los Angeles Times and covers cycling, fitness, longevity, triathlon, and running for Bicycling, Men's Journal, Playboy, Outside, Competitor, and VeloNews. He lives in Irvine, CA.

BILL KATOVSKY biked solo across America, finished the Hawaii Ironman twice, and founded Tri-Athlete magazine. In 2003, he co-authored *Embedded: The Media at War in Iraq: An Oral History*, which won Harvard's Goldsmith Book Prize. He lives in Mill Valley, CA.

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