



## Bike for Life: How to Ride to 100

*Roy M. Wallack, Bill Katovsky*

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## **Bike for Life: How to Ride to 100** Roy M. Wallack, Bill Katovsky

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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