



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

By Carol Hansen Montgomery

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...

DOWNLOAD



READ ONLINE  
[ 6.48 MB ]

### Reviews

*This composed ebook is wonderful. It really is written in basic words rather than hard to understand. You may like the way the writer composes this pdf.*

-- **Ryder Nolan**

*This book can be well worth a go through, and a lot better than other. It is written in simple words and phrases and not confusing. It's been printed in an exceptionally simple way in fact it is merely right after I finished reading through this pdf by which basically changed me, modify the way I think.*

-- **Margot Carter V**

## Related Kindle Books



### **History of the Town of Sutton Massachusetts from 1704 to 1876**

Createspace, United States, 2015. Paperback. Book Condition: New. annotated edition. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This version of the History of the Town of Sutton Massachusetts from 1704 to 1876 is a labor...



### **From Kristallnacht to Israel: A Holocaust Survivor s Journey**

Dog Ear Publishing, United States, 2009. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.In the 1930s, as evil begins to envelope Europe, Karl Rothstein is born in Austria. As his life...



### **Chicken Licken - Read it Yourself with Ladybird: Level 2**

Penguin Books Ltd, United Kingdom, 2013. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. In this classic fairy tale, a nut falls on Chicken Licken s head and he decides he must tell the king that...



### **Polly Oliver s Problem: A Story for Girls**

The Wildhern Press, United Kingdom, 2008. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Kate Douglas Wiggin was an American children s author and educator. She was born in Philadelphia of Welsh...



### **Fox Tales for Kids: Fifteen Fairy Stories about Foxes for Children**

Createspace, United States, 2012. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Fifteen short stories about foxes are selected from several books of fairy tales from various sources. These tales are designed...



### **The Village Watch-Tower (Dodo Press)**

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Kate Douglas Wiggin, nee Smith (1856-1923) was an American children s author and educator. She was born in Philadelphia,...