



Running Until You're 100

Jeff Galloway

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Every year, thousands of people stop running for enjoyment because they feel they've become too old to continue. Not anymore! "Running Until You're 100" is the ultimate guide to running in the later years of life. Written by a 60-year old Olympian who hasn't had an injury in 27 years, this volume explains how to take care of your legs and feet, stay motivated, avoid aches and pains, and increase enjoyment. Also included are practical hints and tips on the adjustments that need to be made with age, how to balance exercise and rest, and proper nutrition.

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