



Bike for Life: How to Ride to 100--and Beyond, revised edition

By Roy M. Wallack

Download now

Read Online ➔

Bike for Life: How to Ride to 100--and Beyond, revised edition By Roy M. Wallack

Do You Want to Ride to 100—and Beyond? BIKE FOR LIFE!

Now with training plans, worldwide adventures, and more than 200 photos

Ride a century when you turn a century: that was the promise *Bike for Life* offered when it was first published. A decade later, this blueprint for using cycling to achieve exceptional longevity, fitness, and overall well-being has helped tens of thousands of cyclists to ride longer and stronger. Now, nationally-known fitness journalist and lifelong endurance road and mountain biker Roy M. Wallack builds upon his comprehensive *Bike for Life* plan with even more practical tips and strategies to keep you riding to 100—and beyond.

Fully updated, revised, and illustrated, *Bike for Life* features:

- Cutting-edge workout strategies for achieving best-ever fitness at any age
- Science-based 8- and 16-week Century training schedules
- A radical new workout method that'll make you fly up the hills
- An anti-aging plan to revive muscularity, strength, and reaction time
- An exclusive 10-step Yoga for Cyclists routine
- Strategies to fix "cyclist's knee" and "biker's back"
- Advice on avoiding cycling-related impotence and osteoporosis
- Ways to survive mountain lions, bike-jackers, poison ivy, and headwinds
- Handling skills and bike-fit advice from famous coaches
- Tips on staying motivated with worldwide adventures and challenges
- The Bike for Life hall of fame: stories of amazing riders in their 60s, 70s, 80s, and up

With oral-history interviews and profiles of the biggest names of the sport, including: John Howard, Gary Fisher, Rebecca Rusch, Ned Overend, Tinker Juarez, Juli Furtado, Marla Streb, Missy Giove, Johnny G, Eddie B, Mike Sinyard, and Rich "The Reverend" White.

 [**Download** Bike for Life: How to Ride to 100--and Beyond, rev ...pdf](#)

 [**Read Online** Bike for Life: How to Ride to 100--and Beyond, r ...pdf](#)

Bike for Life: How to Ride to 100--and Beyond, revised edition

By Roy M. Wallack

Bike for Life: How to Ride to 100--and Beyond, revised edition By Roy M. Wallack

Do You Want to Ride to 100—and Beyond? BIKE FOR LIFE!

Now with training plans, worldwide adventures, and more than 200 photos

Ride a century when you turn a century: that was the promise *Bike for Life* offered when it was first published. A decade later, this blueprint for using cycling to achieve exceptional longevity, fitness, and overall well-being has helped tens of thousands of cyclists to ride longer and stronger. Now, nationally-known fitness journalist and lifelong endurance road and mountain biker Roy M. Wallack builds upon his comprehensive *Bike for Life* plan with even more practical tips and strategies to keep you riding to 100—and beyond.

Fully updated, revised, and illustrated, *Bike for Life* features:

- Cutting-edge workout strategies for achieving best-ever fitness at any age
- Science-based 8- and 16-week Century training schedules
- A radical new workout method that'll make you fly up the hills
- An anti-aging plan to revive muscularity, strength, and reaction time
- An exclusive 10-step Yoga for Cyclists routine
- Strategies to fix "cyclist's knee" and "biker's back"
- Advice on avoiding cycling-related impotence and osteoporosis
- Ways to survive mountain lions, bike-jackers, poison ivy, and headwinds
- Handling skills and bike-fit advice from famous coaches
- Tips on staying motivated with worldwide adventures and challenges
- The Bike for Life hall of fame: stories of amazing riders in their 60s, 70s, 80s, and up

With oral-history interviews and profiles of the biggest names of the sport, including: John Howard, Gary Fisher, Rebecca Rusch, Ned Overend, Tinker Juarez, Juli Furtado, Marla Streb, Missy Giove, Johnny G, Eddie B, Mike Sinyard, and Rich "The Reverend" White.

Bike for Life: How to Ride to 100--and Beyond, revised edition By Roy M. Wallack Bibliography

- Sales Rank: #146446 in eBooks
- Published on: 2015-03-10
- Released on: 2015-03-10
- Format: Kindle eBook

 [**Download** Bike for Life: How to Ride to 100--and Beyond, rev ...pdf](#)

 [**Read Online** Bike for Life: How to Ride to 100--and Beyond, r ...pdf](#)

Editorial Review

Review

Mountain Bike Tales, 6/3/15

“It's an easy read and the varying topics, interviews, and first-hand experience makes you want to keep flipping the pages. If you're just getting into riding, or have been in it for a while and want some tips for making some changes in your training, give this piece of literature a chance.”

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. He is the author of *The Traveling Cyclist* and several running and fitness books, a former editor at *Bicycle Guide*, *California Bicyclist*, and *Triathlete* magazines, a longtime sports-gear columnist and health-features writer for the *Los Angeles Times*. He also covers cycling, fitness, longevity, triathlon, running, MMA, and sports trends for many national magazines. Calling himself "a religious man who believes in the Holy Trinity of road, mountain, and tandem," Roy has traveled the world by bike and spent much of his career writing about them. He lives with his family next to the bike path in Irvine, California.

Users Review

From reader reviews:

John Mullen:

Book is to be different for each and every grade. Book for children until finally adult are different content. As it is known to us that book is very important normally. The book *Bike for Life: How to Ride to 100--and Beyond, revised edition* ended up being making you to know about other know-how and of course you can take more information. It is rather advantages for you. The guide *Bike for Life: How to Ride to 100--and Beyond, revised edition* is not only giving you a lot more new information but also being your friend when you feel bored. You can spend your current spend time to read your reserve. Try to make relationship using the book *Bike for Life: How to Ride to 100--and Beyond, revised edition*. You never feel lose out for everything in the event you read some books.

Mary Summers:

The publication with title *Bike for Life: How to Ride to 100--and Beyond, revised edition* has a lot of information that you can learn it. You can get a lot of help after read this book. This specific book exist new expertise the information that exist in this publication represented the condition of the world right now. That is important to yo7u to know how the improvement of the world. This kind of book will bring you in new era of the globalization. You can read the e-book on your smart phone, so you can read this anywhere you want.

David McCabe:

Exactly why? Because this Bike for Life: How to Ride to 100--and Beyond, revised edition is an unordinary book that the inside of the publication waiting for you to snap the idea but latter it will jolt you with the secret the idea inside. Reading this book next to it was fantastic author who also write the book in such remarkable way makes the content interior easier to understand, entertaining method but still convey the meaning thoroughly. So , it is good for you for not hesitating having this any longer or you going to regret it. This excellent book will give you a lot of rewards than the other book possess such as help improving your ability and your critical thinking method. So , still want to hold off having that book? If I were being you I will go to the reserve store hurriedly.

Robert McCauley:

In this period of time globalization it is important to someone to find information. The information will make someone to understand the condition of the world. The health of the world makes the information much easier to share. You can find a lot of referrals to get information example: internet, classifieds, book, and soon. You can see that now, a lot of publisher which print many kinds of book. The particular book that recommended to your account is Bike for Life: How to Ride to 100--and Beyond, revised edition this e-book consist a lot of the information on the condition of this world now. This book was represented how does the world has grown up. The terminology styles that writer require to explain it is easy to understand. The writer made some exploration when he makes this book. Honestly, that is why this book acceptable all of you.

Download and Read Online Bike for Life: How to Ride to 100--and Beyond, revised edition By Roy M. Wallack #G8IOVNQJBTZ

Read Bike for Life: How to Ride to 100--and Beyond, revised edition By Roy M. Wallack for online ebook

Bike for Life: How to Ride to 100--and Beyond, revised edition By Roy M. Wallack Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Bike for Life: How to Ride to 100--and Beyond, revised edition By Roy M. Wallack books to read online.

Online Bike for Life: How to Ride to 100--and Beyond, revised edition By Roy M. Wallack ebook PDF download

Bike for Life: How to Ride to 100--and Beyond, revised edition By Roy M. Wallack Doc

Bike for Life: How to Ride to 100--and Beyond, revised edition By Roy M. Wallack Mobipocket

Bike for Life: How to Ride to 100--and Beyond, revised edition By Roy M. Wallack EPub

G8IOVNQJBTZ: Bike for Life: How to Ride to 100--and Beyond, revised edition By Roy M. Wallack