



DOWNLOAD



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

---

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...



READ ONLINE  
[ 6.24 MB ]

### Reviews

*Extensive guide! Its such a excellent read. This can be for anyone who statte that there was not a worth looking at. I am just effortlessly will get a satisfaction of looking at a written publication.*

**-- Melvin Hettinger**

*This book will not be effortless to start on reading through but very exciting to learn. It is amongst the most remarkable book i have got go through. Once you begin to read the book, it is extremely difficult to leave it before concluding.*

**-- Dr. Easton Collier DVM**