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# RUN FOR LIFE: THE ANTI-AGING, ANTI-INJURY, SUPER-FITNESS PLAN TO KEEP YOU RUNNING TO 100



Skyhorse Publishing. Paperback / softback. Book Condition: new. BRAND NEW, Run for Life: The Anti-Aging, Anti-Injury, Super-Fitness Plan to Keep You Running to 100, Roy M Wallack, Over 35 and want to win your age group and run injury-free for the next 50 years or even longer? Run for Life lays out a plan to help you run to 100. Traveling the running world from Kenya to Tahiti and Boston to Badwater in search of the keys to super-fit running...

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- Authored by Roy M Wallack
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