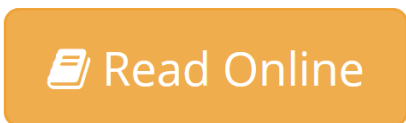


## Bike for Life: How to Ride to 100

By Roy M. Wallack, Bill Katovsky



**Bike for Life: How to Ride to 100** By Roy M. Wallack, Bill Katovsky

Cycling is one of the most popular and fastest growing activities in the nation—today more than 56 million recreational cyclists bike regularly in the United States. Now leading cycling journalists Roy M. Wallack and Bill Katovsky have assembled into one essential resource everything cyclists need to know to bike for a lifetime. These experts present groundbreaking information on medical research, training techniques, nutrition, and technology and equipment trends that impact the sport at every level. They also assess the risks and provide informative solutions to many bike-related conditions that have been overlooked, sensationalized, or are just emerging, including impotence, osteoporosis, weakened immune systems, sore backs, depression, and even fractured relationships. Also featured are a dozen in-depth interviews with cycling legends, such as Gary Fisher, Ned Overend, John Howard, Missy Giove, Eddie B, and Marla Steb. This authoritative guide to getting the most out of your bike riding will appeal to cycling enthusiasts of all ages and abilities, and is a must-read for everyone who loves to get on a bike to compete, to keep fit and promote longevity, for fun, or simply to get from point A to point B.

 [Download Bike for Life: How to Ride to 100 ...pdf](#)

 [Read Online Bike for Life: How to Ride to 100 ...pdf](#)

# Bike for Life: How to Ride to 100

*By Roy M. Wallack, Bill Katovsky*

**Bike for Life: How to Ride to 100** By Roy M. Wallack, Bill Katovsky

Cycling is one of the most popular and fastest growing activities in the nation—today more than 56 million recreational cyclists bike regularly in the United States. Now leading cycling journalists Roy M. Wallack and Bill Katovsky have assembled into one essential resource everything cyclists needs to know to bike for a lifetime. These experts present groundbreaking information on medical research, training techniques, nutrition, and technology and equipment trends that impact the sport at every level. They also assess the risks and provide informative solutions to many bike-related conditions that have been overlooked, sensationalized, or are just emerging, including impotence, osteoporosis, weakened immune systems, sore backs, depression, and even fractured relationships. Also featured are a dozen in-depth interviews with cycling legends, such as Gary Fisher, Ned Overend, John Howard, Missy Giove, Eddie B, and Marla Steb. This authoritative guide to getting the most out of your bike riding will appeal to cycling enthusiasts of all ages and abilities, and is a must-read for everyone who loves to get on a bike to compete, to keep fit and promote longevity, for fun, or simply to get from point A to point B.

## **Bike for Life: How to Ride to 100** By Roy M. Wallack, Bill Katovsky Bibliography

- Rank: #1065944 in Books
- Published on: 2005-05-09
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x 7.00" w x 1.00" l, 1.27 pounds
- Binding: Paperback
- 368 pages

 [Download Bike for Life: How to Ride to 100 ...pdf](#)

 [Read Online Bike for Life: How to Ride to 100 ...pdf](#)

## Download and Read Free Online Bike for Life: How to Ride to 100 By Roy M. Wallack, Bill Katovsky

---

### Editorial Review

#### Review

A great, funny page-turner that you simply don't expect. -- *MICHAEL FRANK, Deputy Editor, Bicycling and Mountain Bike*

Bike for Life could be the most important book in your life. -- *SAL RUIBAL, USA Today cycling writer*

What a great book! -- *STEVE BOEHMKE, Mountain Bike Hall of Fame inductee*

#### 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. Author of *The Traveling Cyclist* and a former editor at *Bicycle Guide*, *California Bicyclist*, and *Triathlete* magazines, he is a sports-gear columnist for the *Los Angeles Times* and covers cycling, fitness, longevity, triathlon, and running for *Bicycling*, *Men's Journal*, *Playboy*, *Outside*, *Competitor*, and *VeloNews*. He lives in Irvine, CA.

BLL KATOVSKY biked solo across America, finished the Hawaii Ironman twice, and founded *Tri-Athlete* magazine. In 2003, he co-authored *Embedded: The Media at War in Iraq: An Oral History*, which won Harvard's Goldsmith Book Prize. He lives in Mill Valley, CA.

### Users Review

#### From reader reviews:

##### John Reed:

As people who live in often the modest era should be update about what going on or facts even knowledge to make all of them keep up with the era which is always change and make progress. Some of you maybe can update themselves by examining books. It is a good choice to suit your needs but the problems coming to you is you don't know which you should start with. This *Bike for Life: How to Ride to 100* is our recommendation to cause you to keep up with the world. Why, as this book serves what you want and want in this era.

##### Leonard Dail:

The particular book *Bike for Life: How to Ride to 100* has a lot details on it. So when you read this book you can get a lot of benefit. The book was authored by the very famous author. Tom makes some research ahead of write this book. This book very easy to read you can get the point easily after reading this book.

##### Jennifer Bryan:

Do you like reading a guide? Confuse to looking for your best book? Or your book has been rare? Why so many query for the book? But virtually any people feel that they enjoy intended for reading. Some people

likes examining, not only science book but additionally novel and Bike for Life: How to Ride to 100 as well as others sources were given information for you. After you know how the great a book, you feel desire to read more and more. Science publication was created for teacher or students especially. Those books are helping them to add their knowledge. In some other case, beside science book, any other book likes Bike for Life: How to Ride to 100 to make your spare time much more colorful. Many types of book like here.

### **June Ortiz:**

As a scholar exactly feel bored to be able to reading. If their teacher questioned them to go to the library as well as to make summary for some e-book, they are complained. Just small students that has reading's internal or real their pastime. They just do what the professor want, like asked to go to the library. They go to right now there but nothing reading seriously. Any students feel that reading through is not important, boring as well as can't see colorful pictures on there. Yeah, it is for being complicated. Book is very important in your case. As we know that on this time, many ways to get whatever we want. Likewise word says, ways to reach Chinese's country. Therefore this Bike for Life: How to Ride to 100 can make you experience more interested to read.

## **Download and Read Online Bike for Life: How to Ride to 100 By Roy M. Wallack, Bill Katovsky #WM6F7X4JLI2**

## **Read Bike for Life: How to Ride to 100 By Roy M. Wallack, Bill Katovsky for online ebook**

Bike for Life: How to Ride to 100 By Roy M. Wallack, Bill Katovsky 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 By Roy M. Wallack, Bill Katovsky books to read online.

### **Online Bike for Life: How to Ride to 100 By Roy M. Wallack, Bill Katovsky ebook PDF download**

**Bike for Life: How to Ride to 100 By Roy M. Wallack, Bill Katovsky Doc**

**Bike for Life: How to Ride to 100 By Roy M. Wallack, Bill Katovsky Mobipocket**

**Bike for Life: How to Ride to 100 By Roy M. Wallack, Bill Katovsky EPub**