

Running Past Fifty

Advice and Inspiration for
SENIOR RUNNERS



Gail Waesche Kislevitz

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Running Past Fifty: Advice and Inspiration for Senior Runners



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Baby boomer runners may be slower than they once were, however they show no signals of slowing. Bill Rodgers, winner of four Boston Marathons and four New York City Marathons; In Running History Fifty, lifelong runner Gail Waesche Kislevitz provides tips and motivation from thirty-six runners aged fifty or older. and runner and females's pioneer runner and advocate Kathrine Switzer And legendary runners aren't the only ones running smoothly into seniority. Included here are exceptional interviews with greats such as Ed Whitlock, who, at age eighty-five, established an age-division globe record of 3:56 in the marathon; However when legs obtain sore, joints feel achy, and later years creeps up, occasionally senior runners require a little extra inspiration to get out from the door and on the highway. George Hirsch, chairman of NY Street Runners; Olympian and writer Jeff Galloway; world record holder Sid Howard; Presenting time-tested suggestions, Kislevitz interviews a few of the nation's ideal senior runners. Kislevitz also offers motivational tales from common runners who hit the pavement frequently and refuse to let their age stop them from competing regularly. Running brings pleasure and health benefits to all participants, especially those of the infant boomer generation. Inspiring and insightful, Running Past Fifty may be the perfect read for every one of them.



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CALLING ALL RUNNERS: BE INSPIRED! READ THIS BOOK! Running Past 50 simply by Gail Kislevitz

CALLING ALL RUNNERS! Running Recent 50 is a book that must be read by Every single runner—those at or recent 50 and those who are younger. Why? Kislevitz provides in depth inspirational tales of some 37 runners who've succeeded to make their passion for running a life time affair. Norm Solomon Both inspirational AND Educational Here you will see the unfiltered stories of several masters runners. older runners to become their finest. As mentioned, the writer doesn't preach her points of view, as much running authors do, but lets the heroes perform the talking.. You can find three dozen more tales —each different-that inspire, and each is usually terrific reading. Then there is Drew Swiss—who stopped out from competitive range running to raise a family - and following a number of years returned in his 50's passionate about a new mission—to improve money for less than privileged kids via the NY Road Runners Team for Kids—to date he has raided over \$700,000!and all of this at the age of 80!In summary, READ THIS BOOK! I couldn't place it down and liked every phrase describing the fascinating lives of the sports athletes interviewed for the publication..Actually, once I acquired started, I was struggling to put it down! Kislevitz herself as an experienced coach and champion runner has her own suggestions for senior runners which are motivating,inspirational and useful! Because of Gail for writing this, and people like Amby Burfoot and Tom Perri who helped collect individuals to interview.. Consider Sid Howard—popular in Masters Operating circles—while no longer doing long runs he continues to contend in the prestigious NYC 5th Avenue Mile and more importantly coaches younger & It really is inspiring and relatable and has taken a renewed joy to my own teaching as I read the inspirational tales of athletes not merely my own age but older.The author (also a older athlete)stays in the background and let's the runners, who are within their 50's to 90's, simply tell their stories. The profiles ranged from living legends to individuals who came to running later on, to workhorses with amazing streaks and/or figures. Nevertheless, running for the Like of it—the emotions it brings—is normally what struck me with nearly every tale.The book closes with expert advice from a physical therapist, veteran running coach, and a podiatrist who each use senior runners.Overall, this is an excellent book..Strongly suggested. Very well written. What an incredible read. These are true people doing amazing factors and staying fit at all ages. Must read for anyone who is active and over 50! Every chapter is quite well written and it is hard to put down. I am a regular reader of running, schooling and nutritional books and journals for runners.. Some are fast plus some are slow, but all talk about the same desire to perform for the rest of their lives. Instead of worrying about the possibility of having to put my jogging shoes away once and for all, I am considering approaches for remaining on the roads for many years to come.. I am hoping there exists a sequel. Defying age I started jogging at 49 and found this book extremely interesting understanding and being one of the runners. Great on multiple levels Really glad I purchased this book, a great and informative read from begin to finish. Most of them talk about nuggets of wisdom about training, racing, and remaining motivated. I valued that not absolutely all masters agree on every aspect of running later in life. Any committed runner would enjoy this book For me, a typical runner over fifty, Gail Kislevitz's "Running Past Fifty," was an inspirational, captivating, easy, fun browse. Virtually all agree that cross training and much longer rest from accidents or hard initiatives are essential. Great stories, valuable advice, and the closing section with advice from more medical oriented professionals was helpful as well.I enjoyed scanning this book and it is a genuine page turner. Advice not just for runners only! Whether you are young or older or perhaps a runner, the tales in this book clearly show there are no limitations on what we are able to achieve in lifestyle. Running Recent Fifty is required reading for just about any runner, or active adult older than 50..

and when . The will of these individuals to do great things has driven their bodies and minds to defy expectation also to accomplish the unimaginable.. That is one of those books that you should keep permanently on your nightstand for a daily dose of inspiration. Some swear by stretching, foam rollers, etc, others didn't incorporate those at all.As a `senior' runner myself and veteran of several marathons and half marathons the advice that Kislevitz provided from a number of sports medicine doctors and physical therapists is invaluable. Each runner offers his / her own unique running story, and Kislevitz could make these stories so interesting that I simply wanted to keep on running...er.. You can be motivated to accomplish the same.reading! Wonderful Book about running! I recommended this to all or any runners! Coach Gail provides great tips, hope, and stories which we can all learn from or relate to for some reason. I loved each chapter and wanted to head out for a run.



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