

# BIKE FOR LIFE

A cyclist wearing a red and yellow jersey is riding a road bike on a paved road. The cyclist is in a low, aerodynamic position, leaning forward. The background is a blurred road stretching into the distance.

## HOW TO RIDE TO 100

- Achieve best-ever fitness
- Anti-aging breakthroughs
- Cycling-specific yoga
- Prevent impotence, bone loss, and other health risks
- Romance road rules
- Banish back and knee pain
- Survive headwinds, rude motorists, and mountain lions
- Interviews with Gary Fisher, Ned Overend, Missy Giove, John Howard, Mike Singard, Johnny G, and others

"SOARING INSPIRATION  
FOR RIDERS OF ALL ABILITIES."

—Sal Rubel, *USA Today*

ROY M. WALLACK

author of *The Traveling Cyclist*

&

BILL KATOVSKY

founder of *Tri-Athlete* magazine

Roy M. Wallack

## Bike for Life: How to Ride to 100



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This authoritative instruction to getting the most out of your bicycle riding will charm to cycling fanatics of all ages and abilities, and is normally a must-read for everybody who loves to get on a bike to compete, to exercise and promote longevity, for fun, or simply to get from stage A to stage B. In addition they assess the dangers and provide informative answers to many bike-related circumstances which have been overlooked, sensationalized, or are simply emerging, including impotence, osteoporosis, weakened immune systems, sore backs, depression, and even fractured relationships. Today leading cycling journalists Roy M. Wallack and Expenses Katovsky have assembled into one essential resource everything cyclists must know to bicycle for life. These professionals present groundbreaking details on medical research, schooling techniques, diet, and technology and tools trends that impact the activity at every level. today a lot more than 56 million recreational cyclists bike regularly in the United States. Also featured certainly are a dozen in-depth interviews with cycling legends, such as Gary Fisher, Ned Overend, John Howard, Missy Giove, Eddie B, and Marla Steb. Cycling is among the most popular and fastest growing activities in the nation&#151;



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