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# WHAT MAKES OLGA RUN?

**The Mystery of the  
90-Something Track Star  
and What She Can  
Teach Us About Living  
Longer, Happier Lives**

**BRUCE GRIERSON**

**WITH A NEW AFTERWORD**

*Bruce Grierson*

**What Makes Olga Run?: The Mystery of the 90-Something Track Star and  
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It examines the sum of our genes, possibilities, and options, and the factors that forge the span of any life, specifically during our golden years. Bruce Grierson explores what the wild achievement of a ninety-four-year-old monitor star can tell us about how our anatomies and minds age. He considers every little bit of the puzzle, from her diet plan and sleep practices to how she scores on various personality characteristics, from what she does in her free time to her family history. She not merely looks and acts such as a much more youthful woman, she retains over twenty-three world records in monitor and field, seventeen in her current ninety to ninety-five category. Convinced that this remarkable woman may help unlock most of the mysteries of aging, Grierson set out to uncover what it really is that's driving Olga. Olga Kotelko isn't your average ninety-four-year-outdated. Olga participates in assessments administered by a few of the world's leading scientists and will be offering her DNA to groundbreaking analysis trials. What emerges isn't just a tremendously uplifting personal tale but a look at the extent to which our health and longevity are determined by the DNA we inherit at birth, and the degree to which we can form that inheritance. A remarkable consider the way we age today and the extent to which we can shape the process In What Makes Olga Run?



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You won't find the solution here I have no relationship with the writer or his subject matter. Like many previous reviewers, I was thinking about an overview of current scientific study into healthful aging. People have to realize that the elderly need to function and do things instead of sitting around losing muscle mass. The problem is, many areas of his approach are so unscientific that it undermines the credibility of actually the wobbly conclusions he attempts to create. It got just a little scientific and also technical sometimes, but I most liked the parts about the competitions she entered, and the close knit friendships that develop between the masters runners. What can we generalize from a female track athlete that is so outdated that she literally has no competitors? To me, it just seemed creepy. A simple principle of medical study is that attempting to explain something following the fact, with a little sample size, can be a recipe for misdirection. In this instance, we are supposed to learn from an example of one, with a very basic piece of information unvalidated: Olga doesn't actually have a birth certificate! This reminded me of the historical hoax of the health secrets of Russian centenarians. As though to highlight the futility of his strategy, the writer expresses confusion on the contradictory health suggestions of various other leading senior sports athletes. Olga aside, the reserve could still have worked as a listing of present evidence regarding various lifestyle choices. Good read.! The bibliography of significantly less than three web pages consists mainly of lay publications. Throwing journalistic objectivity out the window, the writer clearly forms a relationship with his subject during the period of several years. There is touching insight into how this can be his way of addressing the premature death of his father, but which should have been a completely different sort of book. Olga used gentle ball after retiring from years as a college teacher and finally used monitor and field competition in her 70's. Encouraging. I realize that I do not need the natural skill to contend as Olga provides, but simply setting aside my notebook to walk every day will increase my power and enjoyment of existence. DNA is a component but not the whole which is a relief because the reader walks aside knowing that they have some control in the shaping of their health and longevity. As you geneticist is also quoted as saying, nothing! For a more objective attempt at reviewing the technology of longevity, consider Spring Chicken by Expenses Gifford. For a far more light-hearted, well written treatment of the same subject, you might enjoy Drop Dead Healthy by AJ Jacobs. Defying Aging Simply loved this publication and found it to be inspirational and also providing a feeling of hope. Five Stars Inspiring and motivating publication. Bruce Grierson in collaboration with Olga Kotelko captures a search for the key reason why a 93 year old woman defies the aging stereotype. Grierson searches for the secret to this track star's magic formula by examining an array of contributing factors. Factors looked at include, diets, sleep habits, use of spare time, genealogy, personality traits and attitude. Their quest enables them to utilize scientists all over the world to add to the info collected in the area of aging. Five Stars Excellent reading. Through the entire book, the end result is that we need to make sure we use our bodies and our minds in order to work to their fullest potential and for a long time. Becoming active, becoming around others, building friendships, becoming optimistic and positive all donate to aging gracefully. Olga's story was very enlightening and inspiring. Maybe this omission has something regarding the fact that she's already written her personal story elsewhere. I'm approaching 60 and my well-being is on my mind a great deal. Here's a great book for anyone who is lucky enough to be maturing! Subject and author dine, head to track meets and even attend medical tests together. The author, by contrast, is a sedentary inactive trying to regain some semblance of fitness. He accompanies Olga to medical centers who want in finding "the trick" to her success, and through their friendship learns her tale and way of life. This is even more striking due to the fact she lives in her child's basement! completely. Give your copy to your doctor when you finish reading it. The writer can be a journalist who writes within an engaging, contemporary design. So Olga's best information is merely "Get off the sofa and get moving!" Dale wonderful. Olga can be an inspiring role model, and Grierson has informed her story well. Get off THE SOFA and Get Movin'! I go through this book because I don't want to hobble into and through my senior years. I go through this publication while spending a month taking care of my parents

(who are in their 70s) after my dad had a coronary attack, and everything mentioned in this book about staying youthful even while you age just strike home with me. I quite enjoyed it. But, the reader also needs to understand that the DNA we received also takes on an important part the aging process. Strangely, considering the explicit reference to the importance of cultural ties in longevity, Olga's personal family remains largely voiceless. Grierson tells it within an readable style, filled with truth and scientific documentation, but well laced with humor, humanity, and reality. I'm ready to rock. Let's perform it! Wow, what a lady!) simply because science continues to help people not merely live longer, but live well! I believed I was in my final years at age 56, but with Olga's story, I intend to keep running for many many years. This reaches the essential premise of the book as expressed in the subtitle. She actually is a representative of an evergrowing community of senior sports athletes, and i think there will be a growing number of of these (hopefully I am part of them! Very good book if you are looking for inspiration to maintain putting one foot while watching various other, which will pay off in your final years. In What Makes Olga Run? Inspirational! I have read this book many times. I come back to it each year. It inspires me to keep moving, to be involved in life and enjoy what I'm carrying out. I recommend it. Five Stars 1a and enjoy a An interesting story of a fascinating old woman, whose exploits to could well inspire many reticent senior citizens to participate in. and revel in a sport How to thrive at getting old This was a fascinating look at how to thrive as you get older. I want to run, roll in the grass, swing and play with my grandchildren. The method that you age is up to attitude, and you can select your attitude. This was an excellent read! Grierson does a great job revealing this wonderful woman's lifestyle, goals, and philosophy. Three Stars It's very inperational!! There are no citations or endnotes. I wish to enjoy doing points and going locations and kick tail through those golden years. But this often seems to be reduced to a glib minimal. Really interesting. Good read.



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