



Second Wind: The Rise of the Ageless Athlete

Lee Bergquist

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Meet and learn why older men and women are passionate about fitness and athletics:

-Don McNelly has completed more than 150 marathons after the age of 80.

-Philippa Raschker has dedicated her life to track and was edged out for the Sullivan Award by swimmer Michael Phelps.

-Clarence Bass, in his 70s, has the polished physique of a man 50 years younger.

Second Wind: The Rise of the Ageless Athlete is an absorbing account of a growing subculture of Americans who are challenging the notion of what it means to grow old.

Visit the book's Web site at www.SecondWindAthlete.com.

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