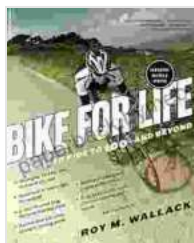


# Ride to 100 and Beyond: The Ultimate Guide to a Long and Healthy Life on Two Wheels

Are you ready to embark on an extraordinary cycling journey that will take you well beyond the century mark? In "How to Ride to 100 and Beyond Revised Edition," renowned cycling coach Frank Overton and centenarian cyclist Dr. Richard "Doc" Schade share their invaluable secrets to a long and healthy life on two wheels.



## Bike for Life: How to Ride to 100--and Beyond, revised edition by Roy M. Wallack

★★★★☆ 4.5 out of 5

Language : English  
File size : 15780 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting: Enabled  
Word Wise : Enabled  
Print length : 386 pages



With over 50 years of combined cycling experience, Overton and Schade have witnessed firsthand the transformative power of cycling at any age. They believe that anyone can achieve their cycling goals, regardless of their starting point or age. This revised edition is packed with up-to-date information, inspiring stories, and practical advice to help you:

- Maximize your cycling experience and enjoy the ride
- Optimize your nutrition for peak performance and longevity

- Prevent injuries and stay active as you age
- Navigate age-related challenges with grace and determination
- Embrace the joy of cycling at any age

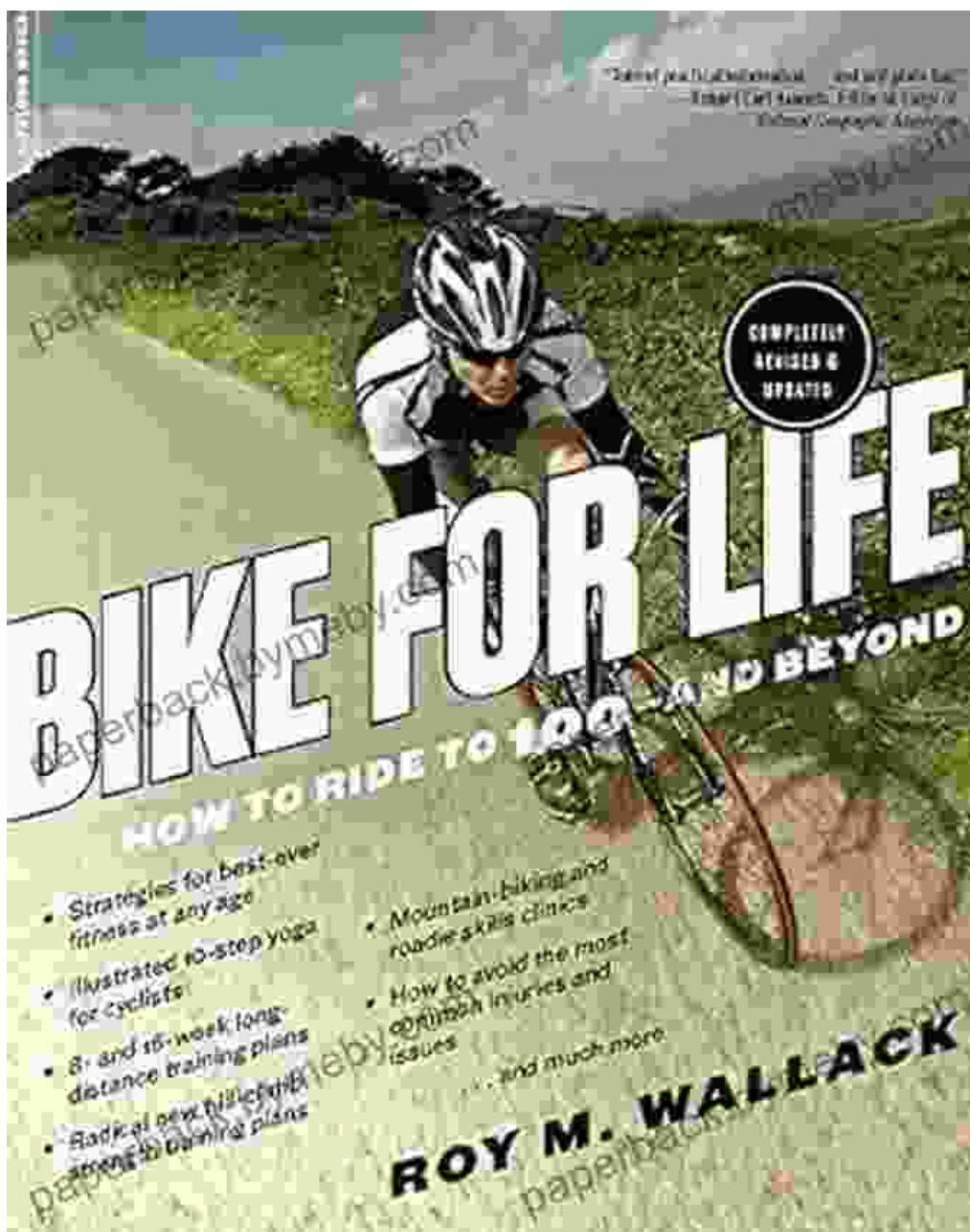
Through in-depth interviews with centenarian cyclists, Overton and Schade uncover the common threads that have contributed to their remarkable longevity and cycling achievements. These inspiring individuals share their wisdom, motivation, and strategies for overcoming obstacles and living a fulfilling life beyond 100.

In "How to Ride to 100 and Beyond Revised Edition," you will learn:

- The key principles of longevity cycling
- How to choose the right bike and gear for your needs
- Training tips for all fitness levels
- Essential nutrition guidelines for cyclists of all ages
- Injury prevention techniques and common cycling ailments
- Strategies for maintaining motivation and overcoming challenges
- Inspirational stories from centenarian cyclists around the world

Whether you are a seasoned cyclist looking to extend your cycling years or a newcomer to the sport seeking inspiration, "How to Ride to 100 and Beyond Revised Edition" is the ultimate resource for a long and healthy life on two wheels. Join Overton and Schade on this extraordinary journey and discover the secrets to living a life of vitality, purpose, and joy beyond 100.

Free Download your copy today and start pedaling towards a brighter future!



## Testimonials

"Frank Overton and Doc Schade have done it again! This revised edition is an invaluable resource for anyone who wants to live a long and healthy life on two wheels. Their insights, advice, and inspiring stories will help you

maximize your cycling experience and achieve your cycling goals at any age." - Dr. Edward Coyle, Professor of Kinesiology at the University of Texas at Austin

"As a centenarian cyclist myself, I highly recommend "How to Ride to 100 and Beyond Revised Edition." Frank Overton and Doc Schade have captured the essence of what it takes to live a long and fulfilling life on two wheels. Their practical advice and inspiring stories will motivate you to keep riding and enjoying the journey." - Robert Marchand, World's Oldest Cyclist

"Whether you are a seasoned cyclist or just starting out, "How to Ride to 100 and Beyond Revised Edition" is a must-read. Frank Overton and Doc Schade provide a wealth of information and inspiration to help you achieve your cycling dreams at any age." - Marianne Vos, Olympic and World Champion Cyclist

## **About the Authors**

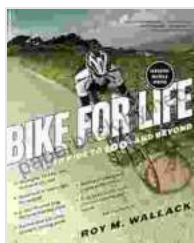
**Frank Overton** is a renowned cycling coach and author with over 50 years of experience. He is the founder of the Overton Cycling Academy and has coached countless cyclists to success. Frank is also a passionate advocate for cycling at all ages and has led numerous rides to raise awareness for the benefits of cycling.

**Dr. Richard "Doc" Schade** is a centenarian cyclist and retired physician. He is the oldest person to have completed the Race Across America, a 3,000-mile cycling race across the United States. Doc is a living testament to the power of cycling and has inspired countless people to live a long and healthy life on two wheels.

## Free Download Your Copy Today!

Don't miss out on this opportunity to learn from the experts and embark on an extraordinary cycling journey. Free Download your copy of "How to Ride to 100 and Beyond Revised Edition" today and start living the life you've always dreamed of.

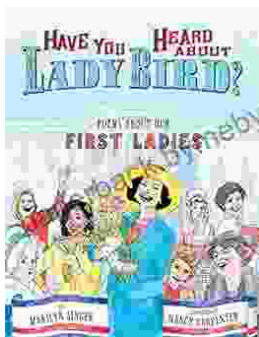
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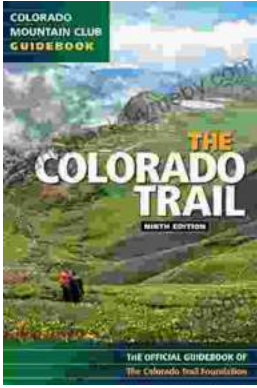
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