

RUNNING PAST 50 (AGELESS ATHLETE SERIES) BY RICHARD BENYO



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Review

""""Runners are turning 50 in incredible numbers. Rich Benyo has gone ahead as a sort of aerobic scout to share with the rest of us what to expect: the joys to be celebrated, the pitfalls to be avoided, the challenges to be embraced. But *Running Past 50* isn't only for the new 50-year-old runner; it's also a very readable guidebook for those who've long since taken up residence in the second half of their century of fitness. """"Kathrine Switzer
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Winner of 1974 New York City Marathon """"Rich Benyo has done his usual job of covering the constantly challenging area of aging. A very informative book. """"Jeff Galloway
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From the Publisher

"With wit and style, Benyo urges seasoned runners to evaluate, adjust, and reinvent their running to stay fit and motivated. Mostly, though, he inspires us to look ahead to new adventures and renewed enjoyment. There is great information in this book, but above all else it is entertaining and inspiring."

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"Running and Rich Benyo have grown up, and aged well, together. Now Rich is into his 50s, and never has this age been more crowded with runners. They're redefining aging, and no one knows this better than the author of Running Past 50. Rich has lived it all as a runner and covered it all as a writer."

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Many middle aged runners face a common problem: the personal challenge and inner rewards that were once powerful motives driving their running program have faded with time. What started as an invigorating ritual that refreshed the body and spirit has become too familiar and oftentimes monotonous.

Running Past 50 was written to remedy this problem and restore the fun and meaning to running. Author Rich Benyo—who is editor of *Marathon & Beyond*, a former executive editor of *Runner's World*, and a devoted runner himself—shows runners how to reinvent their running so that the years after 50 can be the best in their careers.

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Most helpful customer reviews

14 of 16 people found the following review helpful.

OK part of a series.

By Carolyn Vander Velde

As an over 50 multi-marathoner I found this text lacking in some areas. It seemed to address a target market but missed because it assumed that all runners are speed motivated and were fast runners in early years. Most of today's distance runners are neither.

37 of 47 people found the following review helpful.

For Seasoned Runners Only

By Amazon Customer

This book is not helpful for people taking up the sport of running for the first time in their 50's. It's aimed at lifelong runners who need to reassess their approach. It doesn't fit well with other books in this series, such as Strength Training Past 50, which is perfect for beginners.

5 of 6 people found the following review helpful.

A great book

By Jiang Tang

This book explained complex concepts about running in a very easy to understand way. When talking about hydration, soft-drinks, caffeine ingestion, it explained pros and cons in a very lucid way. Best feature of the book is the anecdotal stories of many inspiring 50+ runners. It's a great read and hard to put down. I am a fitness runner, not a competitive runner but this book talking about old competitive runners doesn't bother me at all. Even though I wasn't good at distance running when I was young I admired those who excelled. Understanding the mindset of elite master runners helps me plan my running career after 50. Some day I will race even though it's not my current goal.

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