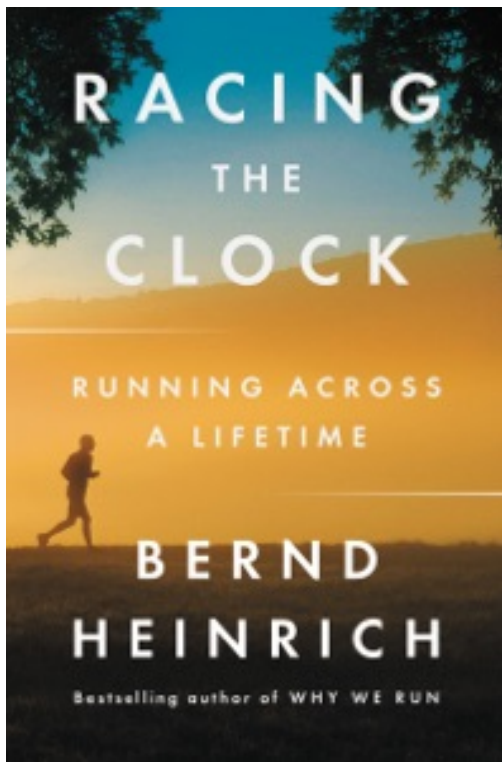


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Why do some bodies age differently than others? How much control do we have over that process and what effect, if any, does being active have? Bringing to bear research from his entire career and in the spirit of his classic *Why We Run*, Heinrich probes the questions of how we use energy and continue to adapt to our mutable surroundings and

circumstances. Beyond that, he examines how our bodies change while we age but also how we can work with, if not overcome, many of these changes—and what all this tells us about evolution and the mechanisms of life, health, and happiness.

Racing the Clock offers fascinating and surprising conclusions, all while bringing the reader along on Heinrich's compelling journey to what he says will be his final race—a fifty-kilometer race at age eighty.

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