

## WHAT MAKES OLGA RUN



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In What Makes Olga Run? Bruce Grierson explores what the wild success of a ninety-three-year-old track star can tell us about how our bodies and minds age. Convinced that Olga could help unlock many of the mysteries of aging, Grierson set out to uncover what it is that's driving her.

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Bruce Grierson's book What Makes Olga Run? presents an intriguing picture of Olga Kotelko, a Canadian who carries a ton of energy on her tiny frame. She is an athlete who has won a huge amount of medals in competitive track and field events.

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No one would mistake Olga Kotelko for one of the Olympians competing in Sochi, Russia, but at age 94, she holds more world records than most: 26, to be exact, including age-group bests in the high jump, the hammer throw and the 200-meter run. Not bad for someone who took up track and field at age 77.

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### **'What Makes Olga Run by Bruce Grierson The Boston Globe**

At the end of the book, Grierson lists nine rules to make us all, if not exactly like Olga, a little more like Olga. The most useful lesson Grierson took from Olga, though, is not . . . a

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### **What makes Olga run Lessons from a 94 year old track star**

Olga Kotelko, 94, competes in 11 track and field sports. Robert Jerome / Today. Kotelko now takes part in 11 track and field sports the hammer throw is her favorite and travels the world

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### **What Makes Olga Run by Bruce Grierson**

Smart and engaging, What Makes Olga Run is also profoundly inspiring. It will make you wish you were half as fit and exuberant as Olga, whatever your age, while providing a fascinating look at the latest science on aging.

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### **What makes Olga run the mystery of the 90 something**

Get this from a library! 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] -- Journalist Bruce Grierson presents the story of 95-year-old Canadian track and field athlete Olga Kotelko, who took up track at age 77 for fun.

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### **what makes olga run UT Arlington UTA**

The CODA of What Makes Olga Run? presents the reader with nine points for living long and wisely. They are

sensible, if not as interesting as the slow and tenderly evolving relationship between Olga and the author.

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### **What Makes Olga Run Audiobook by Bruce Grierson**

Like Born to Run and the ultra marathoners, Olga made me realize humans do not necessarily have the physical limitations we may think we do. The book has a lot to say about how to get a better quality of life, too.

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### **What Makes Olga Run The Mystery of the 90 Something**

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### **Olga Kotelko a Canadian track star well into her 90s has**

Canada's Olga Kotelko competes in the women's long jump during the Masters Games in Sydney Oct. 16, 2009. author of What Makes Olga Run?, in an article in The Globe last January. She was

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