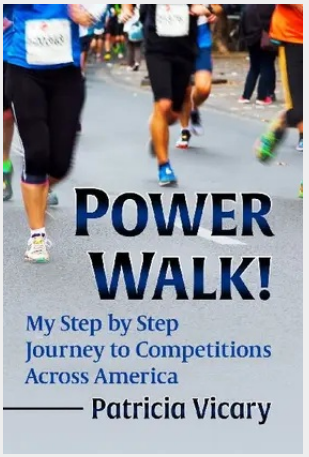
Patricia Vicary has power walked countless races from 5K to full marathon throughout the United States and Canada. A public address announcer and retired college academic advisor, she lives in the San Francisco Bay Area.

Power Walk!

My Step by Step Journey to Competitions Across America

Power walking, also known as fitness or speed walking, is gaining popularity as an aging population looks for workout options that are good for their bodies and good for their wallets. This book includes expert tips and techniques for starting or expanding a power walking practice. Covering the author's journey from non-athlete to dedicated power walker, it is entertaining, motivational and jam-packed with information. Here, power walking practice is contextualized through the author's goal to complete a half marathon in each of the United States as she approaches 60 years old. The journey includes encounters with sketchy porta-potties and terrifying mini-planes, confessions of dubious road-trip food choices and tales of finish lines reached through sheer determination—all told with wit and wisdom. Part travelogue, part power walking guidebook, this engaging text will entertain, motivate and enlighten readers who are looking to start a fitness program or change up their workout routine.

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