



Warminster, PA Author Publishes Fitness Book

This Book is a Guide to Fitness and Health

Racing the Hands of Time, a new book by Larry Hannon, has been released by Dorrance Publishing Co., Inc.

Racing the Hands of Time distills a lifetime of running, coaching, and study into a comprehensive yet compact guide to fitness, sport, and living.

Larry Hannon offers the eager student a program for lifelong exercise, health, and longevity grounded in the author's own extensive experience and a wealth of research and learning. A highlight of the book is the up-to-date survey of the latest findings in sports science, so that prospective runners can feel confident in Hannon's suggestions about the way to run and the way to live. As he says, he sees this book as a way to "pass the baton" onto a new generation.

About the Author

Larry Hannon graduated with a BA in Sport and Exercise Science from Messiah College and with an MS in Counseling and Psychology from the University of West Alabama. He coached cross country and track & field at the collegiate level from 2006 to 2014. He currently competes for S.W.I.F.T. Racing (Strength, Wisdom, Integrity, Faith, Truth), a running club founded in 2008 by Messiah College alumni for Christian Athletes.

Hannon has previously published athletics/training/fitness related articles in Track Coach, Techniques, Athletics Weekly and School Bus Fleet.

Racing the Hands of Time is a 182-page paperback with a retail price of \$15.00. The ISBN is 978-1-4809-4766-5. It was published by Dorrance Publishing Co., Inc of Pittsburgh, Pennsylvania. For more information, or to request a review copy, please go to our virtual pressroom at www.dorrancepressroom.com or our online bookstore www.bookstore.dorrancepublishing.com.