Golf Past 50 (Ageless Athlete)
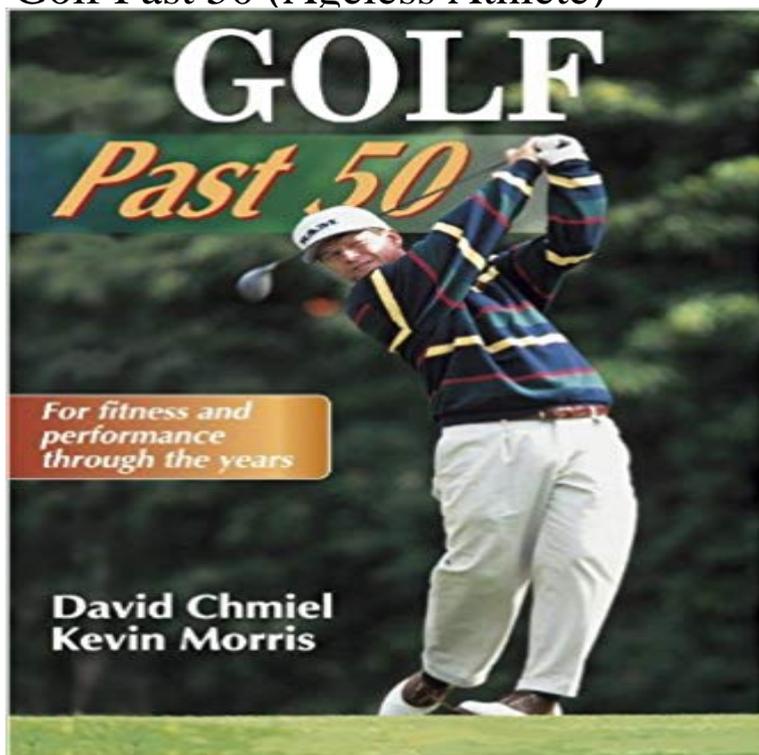

Golf greats like Jack Nicklaus, Tom Watson, and Arnold Palmer provide a daily reminderthere is life after 50 on the golf course. In fact, these top pros and thousands of other 50-and-over players are finding that with the right preparation, the golden years can be some of the most successful and enjoyable theyve ever had on the greens and fairways. Golf Past 50 offers practical advice and professional insights for those players who want to continue to enjoy golf and play it successfully throughout their lives. Written by two experts at Senior Golfer magazine, the book discusses golf fundamentals, fitness and flexibility, breakthroughs in equipment technology, and keeping the game fun. In Golf Past 50, readers will learn how to: - match equipment with their golf goals and playing style,- lower scores through proper course management,- develop a smoother putting stroke,- improve stroke consistency and accuracy,- overcome the yips (mental breakdowns during putting), and- take a fuller swing to get more distance out of shots.Featured in the book are dozens of lessons, tips, and drills from Senior Tour pros like Hale Irwin, Graham Marsh, Jim Colbert, Larry Nelson, and Bob Duval. Through anecdotes and step-by-step instruction, they cover everything from balance and backswing to driving strategy and putting. With Golf Past 50, players 50 and over can rest assured that their best golf lies ahead.Golf Past 50 is part of the Ageless Athlete Series published by Human Kinetics, designed to help readers stay active and feel younger every day. ;if (typeof P === undefined) { } else { P.when(jQuery, ready).execute(function($) { setTimeout(function() {if(msa.Vowels) { var amzvowels = new msa.Vowels($,16,[ec2.images-amazon.com ,ec3.images-amazon.com, ec5.images-amazon.com],5,FG00SV4PA4 76XW64M7A2,

[z-ec3.images-amazon.com, z-ak.images-amazon.com], images-na.ssl-images-amazon.com, [1820, 3320, 7470, 14730], [1820B,3320B,7470B,14730B,1,2,3,4,5,6,7,8,9,10,14,15,17,18,19,20,21,22,23], 50, 50, 100); amzvowels.initializeAndStart(); }}, 8000)}); } window.ue_csm.cel_widgets = [{ id: detail-bullets } , { id: featurebullets_feature_div } , { id: summaryContainer } , { s: #revMHRL > DIV , id_gen: function(elem, index) { return custRev + (index + 1); } } , { id: sims_fbt } , { id: purchase-sims-feature } , { id: session-sims-feature } , { id: quickPromoBucketContent } , { id: productDescription } , { id: technicalSpecifications_feature_div } , { id: prodDetails } , { id: related_ads } , { id: technical-data } , { id: tagging_lazy_load_div } , { id: consumption-sims } , { id: moreBuyingChoices_feature_div } , { id: product-ads-feedback_feature_div } , { id: DAcrt } , { id: vtpsims } , { c: celwidget } , { id: fallbacksessionShvl } , { id: rhf } , { id: unifiedLocationPopoverSelections }]; (function(a){var b=document.ue_backdetect;b&&b.ue_back&&a.ue&&(a.ue.bfini=b.ue_back.value);a.uet&&a.uet(be);a.onLdEnd&&(window.addEventListener?window.addEventListener(load,a.onLdEnd,!1):window.attachEvent&&window.attachEvent(onload,a.onLdEnd));a.ueh&&a.ueh(0,window,load,a.onLd,1);a.ue&&a.ue.tag&&(a.ue_furl&&a.ue_furl.split?(b=a.ue_furl.split(.))&&b[0]&&a.ue.tag(b[0]):a.ue.tag(nofls))})(ue_csm); var ue_pty=Detail, ue_spty=Glance, ue_pti=0736002111; v (function(g,h){function d(a,d){var b={};if(!e !f)try{var c=h.sessionStorage;c?a&&(undefined!==typeof d?c.setItem(a,d):b.val=c.getItem(a)):f=1}catch(g){e=1}e&&(b.e=1);return b}var b=g.ue {},a=,f,e,c,a=d(csmtid);f?a=NA:a.e?a=ET:(a=a.val,a (a=b.oid NI,d(csmtid,a)),c=d(b.oid),c.e (c.val=c.val

```
0,d(b.oid,c.val+1)),b.ssw=d);b.tabid=a})(u
e_csm,window);         (function(b,c){var
a=c.images;a&&a.length&&b.ue.count(tot
alImages,a.length)})(ue_csm,document);
         ue_csm.ue._rtn       =       1;
(function(e,f){function h(a){a=a.split(?)[0]
a;a=a.replace(http://,).replace(https://,).repl
ace(resource://,).replace(res://,).replace(und
efined://,).replace(chrome://,).replace(///*/g
,).replace(/!/g,).replace(/~/g,);var
b=a.split(/);a=a.substr(a.lastIndexOf(/)+1);
b.splice(-1);b=b.map(function(a){c[a]
(c[a]=(k++).toString(36));return
c[a]});b.push(a);return    b.join(!)}function
l(){return
f.getEntriesByType(resource).filter(functio
n(a){return          d._rre(a)n
2==d._rtn)&&b.push(n+h(a.name));return
b.join(_)}).join(*)}function         p(){var
a=pm,b;for(b                          in
c)c.hasOwnProperty(b)&&(a+=*+c[b]+_+
b);return                      a}function
q(){d.log({k:rtiming,value:l()+~+p()},csm)
}if(f&&f.getEntriesByType&&Array.proto
type.map&&Array.prototype.filter&&e.ue
&&e.ue.log){var                       g=
{connectStart:c,connectEnd:C,domainLook
upStart:d,domainLookupEnd:D,duration:z,
fetchStart:f,redirectStart:r,redirectEnd:R,re
questStart:q,responseStart:s,responseEnd:S
,startTime:a},d=e.ue,c={},k=1,n=20,m=20
0;d&&d._rre&&(d._art=function(){d._ld&
&window.setTimeout(q,0)})}})(ue_csm
{},window.performance);
(function(m,h){function      I(a){if(a)return
a.replace(/^//s+         //s+$/g,)}function
x(a,e){if(!a)return{};a.m&&a.m[k]&&(a=a
.m);var       b=e.m         e[k]
,b=a.m&&a.m[k]?b+a.m[k]:a.m&&a.m.tar
get&&a.m.target.tagName?b+(Error
handler invoked by +a.m.target.tagName+
tag):a.m?b+a.m:a[k]?b+a[k]:b+Unknown
error,b={m:b,f:a.f            a.sourceURL
a.fileName            a.filename
a.m&&a.m.target&&a.m.target.src,l:a.l
a.line            a.lineno
a.lineNumber,c:a.c?+a.c:a.c,s:unknown,t:m
.ue.d(),name:a.name,type:a.type,csm:J+
+(a.fromOnError?onerror:
ueLogError)},d,c,g=0,f=0,n;c=h.location;d
=a.stack    (a.err?a.err.stack:);b[y]=e[y]
```

```
c&&c.href                    missing;b[p]=e[p]
z;(c=e[q])&&(b[q]=+c);m.ue_ld_err&&h.p
erformance&&h.performance.timing&&(c
=h.performance.timing,f=window.performa
nce&&window.performance.now&&windo
w.performance.timing?window.performanc
e.now()+window.performance.timing.navig
ationStart:+new
Date,b.ld=0l.mxe)){l.ec++;l.ter.push(a);e=e
   {};var  b=a[p]     e[p];e[p]=b;e[q]=a[q]
e[q];b&&b!=z    l.ecf++;w(a,  e)}}function
w(a,e){if(a){var    b=x(a,e),d=e.channel
M;if(ue.log.isStub&&h[u]&&h[u][v]){var
c={};c[d]=b;try{var
g=h[u][v]({rid:ue.rid,sid:m.ue_sid,mid:m.u
e_mid,sn:m.ue_sn,reqs:[c]}),f=h1,n;if(n=!(
f[D]&&f[D](E,g))){var         l;if(h[F]){var
k=new
h[F];k.onerror=s;k.ontimeout=s;k.onprogre
ss=s;k.onload=s;k.timeout=0;l=k}else{var
p;if(h[G]){var                    q=new
h[G];p=withCredentialsin q?q:void 0}else
p=void
0;l=p}n=l}if(d=n){d.open(POST,E,!0);if(d
[H])d[H](Content-type,text/plain);d.send(g
)}}catch(r){}}else               m.ue.log(b,
d,{nb:1}));if(!a.fromOnError){g=h.console
{};d=g.error    g.log    s;c=h[u];f=Error
logged with the Track&Report JS errors
API(http://tiny/1covqr6l8/wamazindeClieU
serJava):
;if(c&&c[v])try{f+=c[v](b)}catch(t){f+=no
info    provided;   converting    to   string
failed}else    f+=b.m;d.apply(g,[f,b])}}}var
G=XMLHttpRequest,F=XDomainRequest,
N=navigator,D=sendBeacon,v=stringify,u=
JSON,p=logLevel,q=attribution,y=pageUR
L,r=skipTrace,H=setRequestHeader,k=mes
sage,s=function(){},E=//+m.ue_furl+
/1/batch/1/OE/,l=m.ue_err,M=m.ue_err_ch
an
jserr,z=FATAL,J=v6,A=20,t=256,L=RegE
xp(   (?([^   s]*):(   d+):   d+   )?.split(
).join(String.fromCharCode(92))),K=/.*@(
.*)://d*)/;x[r]=1;C[r]=1;w[r]=1;(function()
{for(var    a,e=0;e        (function(c,d){var
b=c.ue,a=d.navigator;b&&b.tag&&a&&(a
=a.connection            a.mozConnection
a.webkitConnection)&&a.type&&b.tag(net
Info:+a.type)})(ue_csm,window);
(function(c,d){function       g(a,b){for(var
```

```
c=unknown,d=0;d
ue_csm.ue.exec(function(d,e,a){function
b(a,b){return{name:a,getFeatureValue:func
tion(){return void 0!==b 0}}}function
h(a,b,c){return{name:a,getFeatureValue:fu
nction(){return b===c 0}}}function
g(a,b){return{name:a,getFeatureValue:func
tion(){for(var a=0;a ue._bf.modules.push(
ue._bf.mpm(cc_ie5, 1) )
ue._bf.modules.push( ue._bf.mpm(cc_ie6,
1) ) ue._bf.modules.push(
ue._bf.mpm(cc_ie7, 1) )
ue._bf.modules.push( ue._bf.mpm(cc_ie8,
1) ) ue._bf.modules.push(
ue._bf.mpm(cc_ie9, 1) )
(function(g,b,h){function c(){var
a;a=h.cookie.match(/session-id=([//w//-]+)/
);a=null!==a?a[1]:null;var
b=ue_sid,c;c=Date.now?Date.now():(new
Date).getTime();d[a]
(e.log({k:k,t:c,nsid:a,osid:b},f),d[a]=1)}var
k=sbk,f=csm;b=b.navigator.cookieEnabled
?!0:!1;var
e=g.ue,d={};e.log({k:cinf,enbl:b},f);b&&u
e_sid&&(d[ue_sid]=1,e.attach(beforeunloa
d,c),setInterval(c,1E3))})(ue_csm,window,
document);
ue_csm.ue.exec(function(e,f){var a=e.ue
{},b=a._wlo,d;if(a.ssw){d=a.ssw(CSM_pre
viousURL).val;var
c=f.location,b=b?b:c&&c.href?c.href.split(
#)[0]:void 0;c=(b
)===a.ssw(CSM_previousURL).val;!c&&
b&&a.ssw(CSM_previousURL,b);d=c?relo
ad:d?intrapage-transition:first-view}else
d=unknown;a._nt=d},NavTypeModule)(ue
_csm,window); var
ue_mbl=ue_csm.ue.exec(function(e,a){fun
ction k(f){b=f
{};a.AMZNPerformance=b;b.transition=b.t
ransition {};b.timing=b.timing
{};if((f=a.webclient&&function===typeof
webclient.getRealClickTime?a.cordova&&
a.cordova.platformId&&ios==cordova.plat
formId?!1:!0:!1)&&b.tags instanceof
Array){var
c;c=-1!=b.tags.indexOf(usesAppStartTime)
 b.transition.type?!b.transition.type&&-1
```

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They planned for major meets by reviewing videos of past performances that one of () are held every two years for men and women 50 and older. of those hurdles, she said 86 Second Wind: The Rise of the Ageless Athlete. **9780736047425: Strength Training Past 50 (Ageless Athlete Series Golf Past 50 by David Chmiel Reviews, Discussion, Bookclubs** 12 Results Strength Training Past 50 - 2nd Edition (Ageless Athlete Series). $1.63 . Complete Conditioning for Golf (Complete Conditioning for Sport). Jan 1999. **Second Wind - Lee Bergquist - Human Kinetics** Four-day pass $15. Senior Class AGE IS NO HURDLE AT the Texas Senior Games, the tenth annual state-level olympiad for elder sportsmen and women 50 and above. Ageless athletes, like 84-year- old 10K runner Susie Hughes from Tyler, including racquetball, bowling, archery, billiards, golf, table tennis, swimming **?The 50 Best Old Guys in Sports History? 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uncomplicated82 Profile picture of bigt3rry. Golf Products **: Wayne Westcott: Books, Biography, Blog, Audiobooks** Golf Past 50 (Ageless Athlete Series). author: david chmiel, kevin morris. paperback: 184 pages publisher: human kinetics illustrated edition edition (november **Amazon Best Sellers: Best Exercise & Fitness For the Aging** Hes currently the fitness director at SeaCliff Golf and Tennis Club, and he continues to More from the Ageless Athlete Series 1WIMMINI fastSO 216pnges ISBN. **Swimming Past 50 (Ageless Athlete Series): Mel Goldstein, David** Buy Tennis Past 50 (Ageless Athlete) by Tony Trabert, Ron Witchey (ISBN: Hes currently the fitness director at SeaCliff Golf and Tennis Club, and he **Strength Training Past 50 - 2nd Edition (Ageless Athlete Series** - Buy Strength Training Past 50 (Ageless Athlete Series) book swimming, skiing, tennis, and golf and eating plans for increased strength gains.