

COLLEGE READS PRESENTS

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# RICH ROLL

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## VEGAN AND ULTRA- ENDURANCE ATHLETE

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PICTURE THIS: You're a 40-year-old former competitive swimmer – completely out of shape and 50 pounds overweight. And then ... a total dietary change and a lot of training later, you become a top finisher in the 320-mile Ultraman World Championships.  
Hear how Rich Roll did it!

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Tuesday, March 19

4:45 p.m.

School of Sciences and Mathematics Building  
Room 129

\* Free and open to the public. \*

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This lecture is part of the  
College's year-round discussion  
of alternative eating traditions.

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