

COLLEGE READS PRESENTS

RICH ROLL

VEGAN AND ULTRA- ENDURANCE ATHLETE

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!

Tuesday, March 19

4:45 p.m.

School of Sciences and Mathematics Building
Room 129

* Free and open to the public. *

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

COLLEGE of
CHARLESTON