



Race Stronger Live Longer: A Physician's Guide to Wellness for Athletes

By Mark E. Song

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Editorial Review

About the Author

Mark Song has been practicing emergency medicine for over thirty-five years. A regional faculty member of the American Heart Association, he presents topics of wellness and healthy lifestyles to the community. In his spare time, he has surfed around the world with his son, Kyle, and has competed in over 40 triathlons, including 10 IRONMAN® races and is a five-time finisher at the IRONMAN® World Championship in Kona, Hawaii. He has a wellness program for athletes in Irvine, California.

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