

# **Lore Of Running**

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commentary reflecting the dedicated runner's worldview **Torch**, 2007 <u>Run for Life</u> Roy M. Wallack, 2009-02-24 A comprehensive plan for runners of every age that offers an overview of the health benefits of running and provides step by step instructions to avoid common running problems and making the most of a running workout *Dr. Nicholas Romanov's Training Essays Volume I* Nicholas S. Romanov, 2006

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