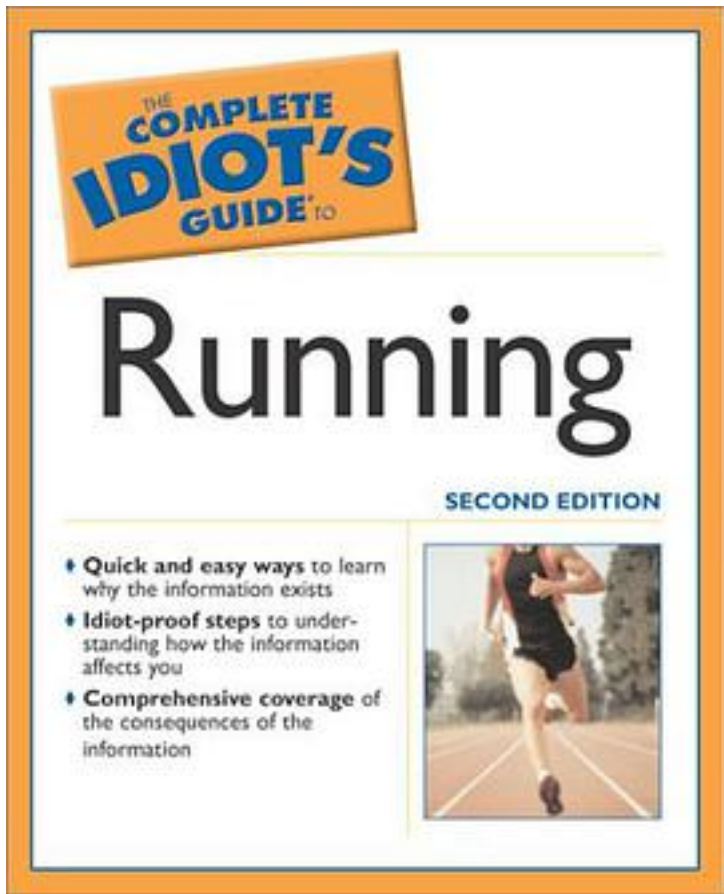


The Complete Idiot's Guide to Running, 2nd Edition



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Expert author team provides complete instruction on developing ideal running techniques.

Easy-to-follow steps gradually build the reader's abilities.

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