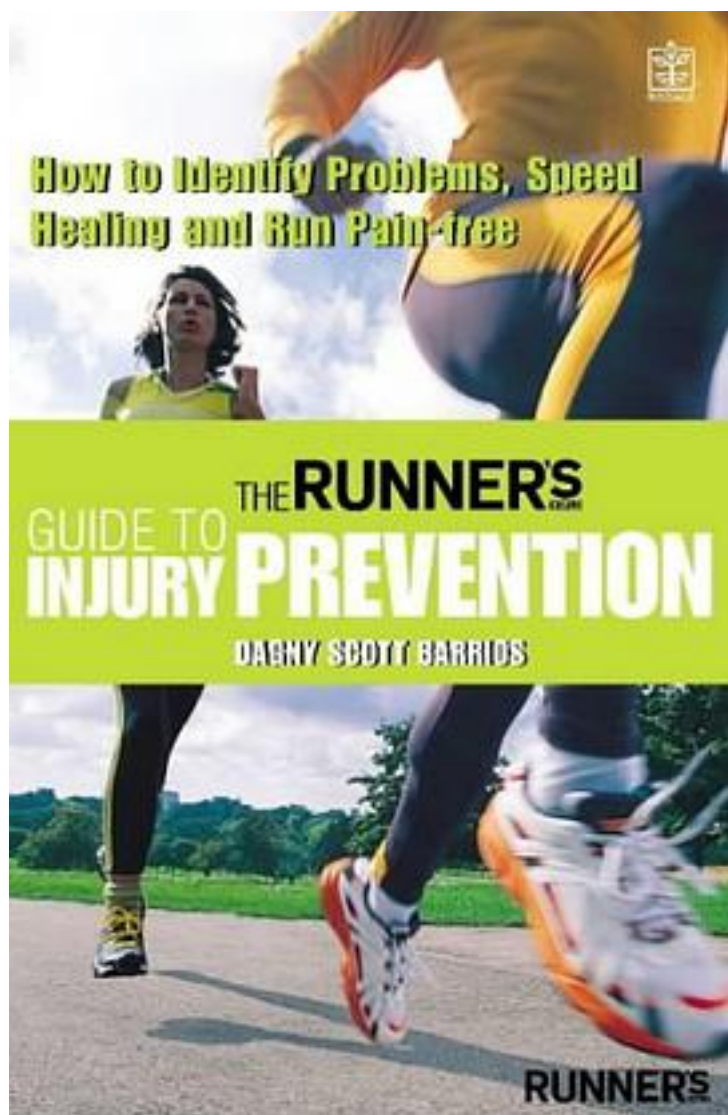


# "Runner's World" Guide to Injury Prevention



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