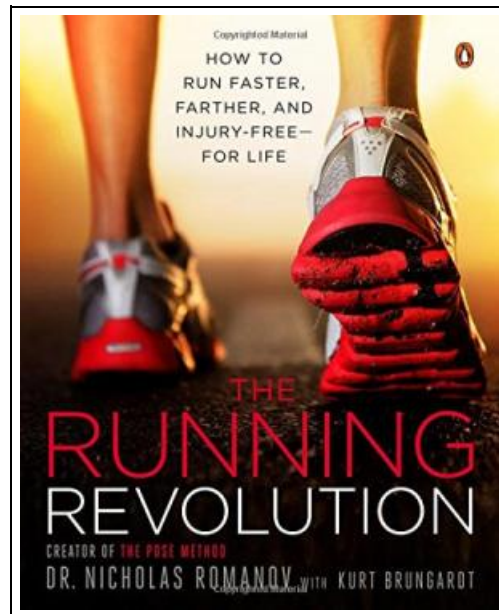


## The Running Revolution How to Run Faster, Farther, and Injury-Free--for Life



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