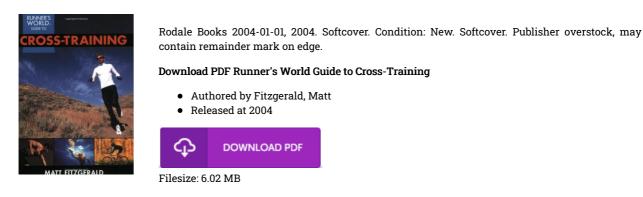
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RUNNER'S WORLD GUIDE TO CROSS-TRAINING



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