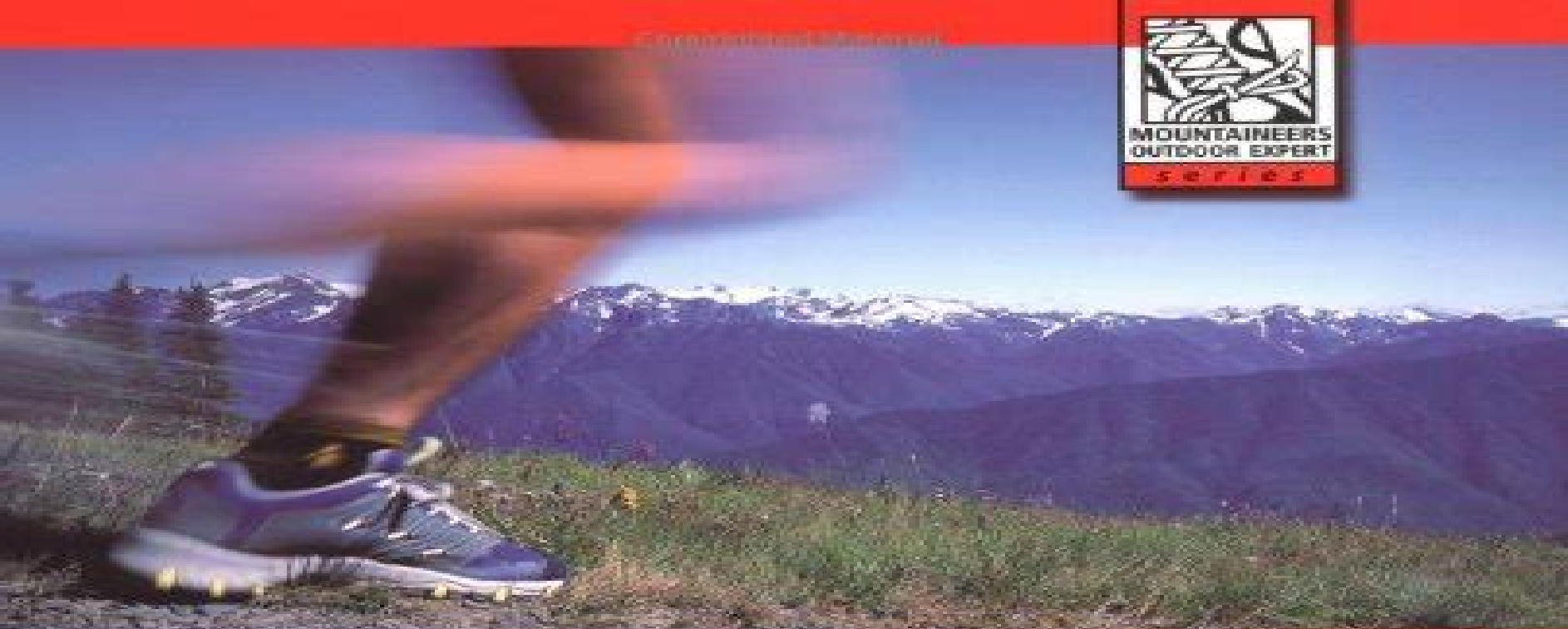




TRAIL RUNNING: From Novice to Master

**Kirsten Poulin, Stan Swartz,
and Christina Flaxel, M.D.**

Foreword by Mark Burnett



THE MOUNTAINEERS BOOKS

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