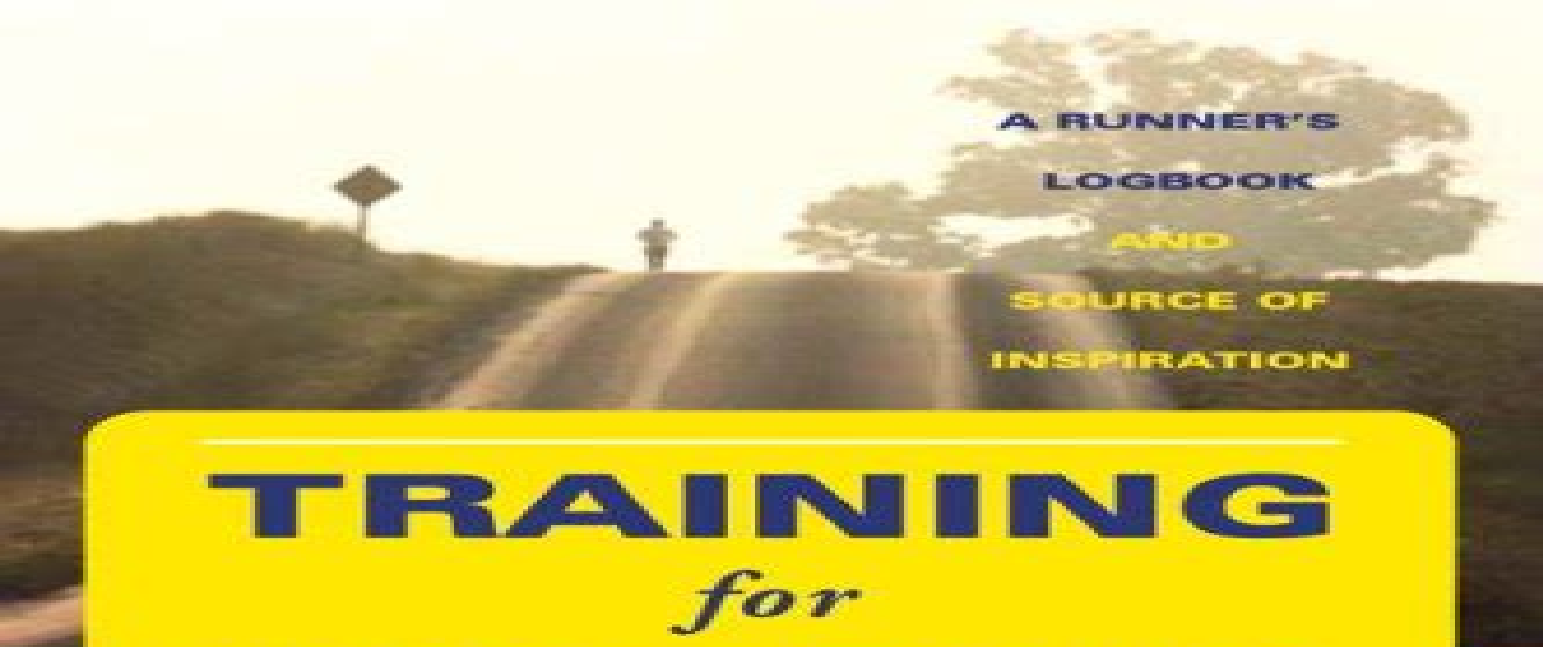




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and

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Health Magazine columnist and co-author of *Marathonning for Mortals*

Training For Mortals A Runners Logbook And Source Of Inspiration

Kandi Nelson



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