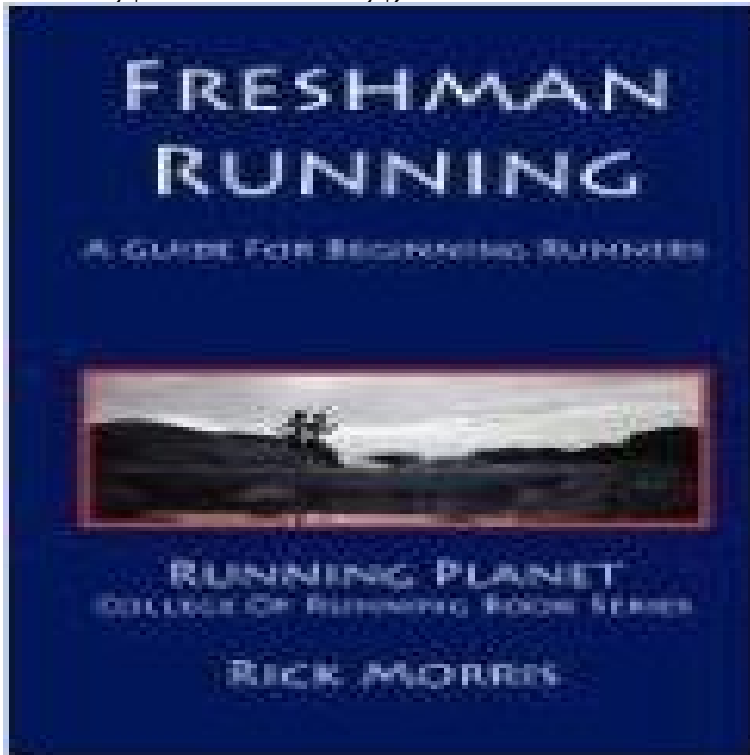


Freshman Running - A Guide for Beginning Runners (Running Planet College of Running)



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