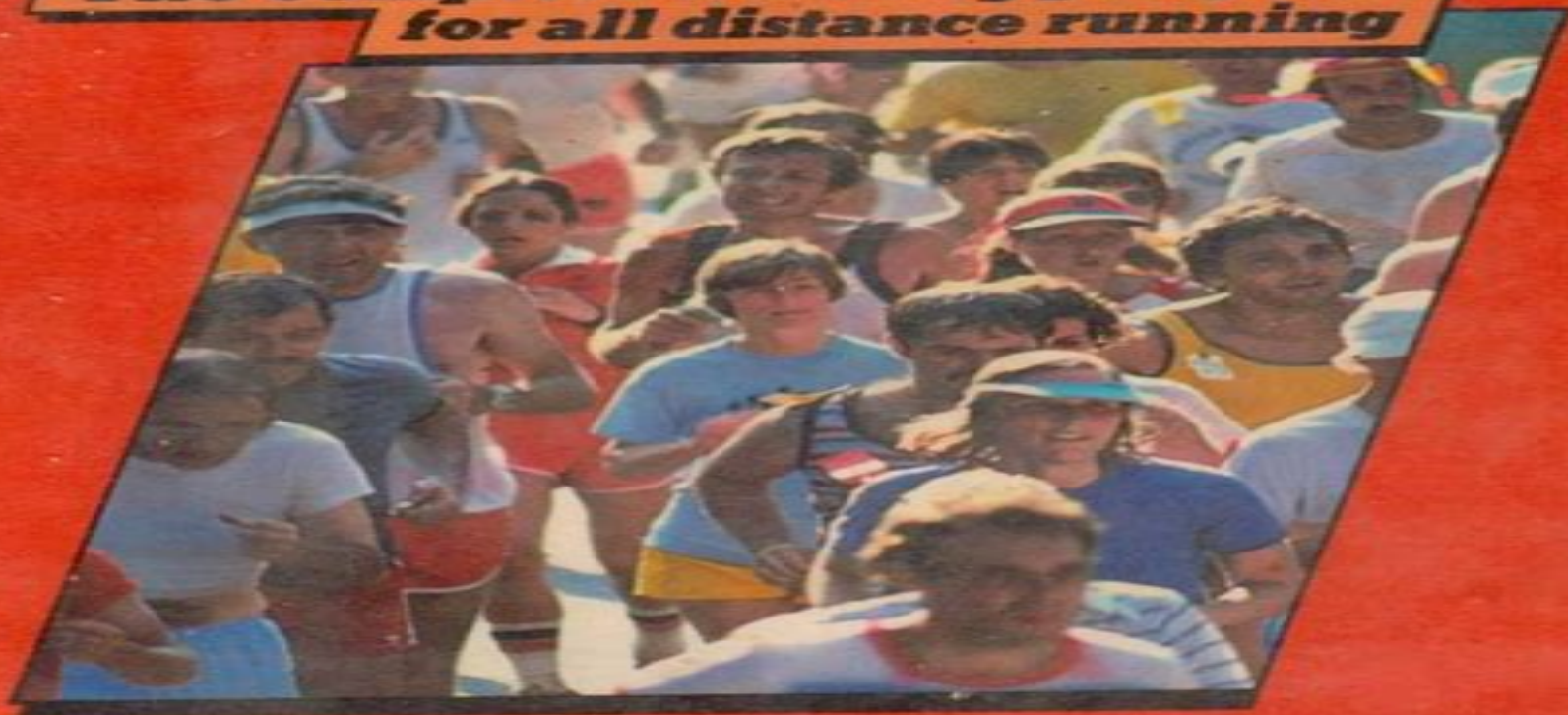


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Bob Glover and Pete Schuder

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for all distance running**



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bestselling Runner's Handbook present a training diary that combines an attractive 52 week diary with all the most helpful information runners want to have at their fingertips Using the diary runners can keep a systematic account of runs times weather running paths distances conditions and other important facets of their life *Ephemera on Alternative Health*, 1990

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Shepherd, 1978 **The Marine Corps Gazette**, 1976 **The Family Fitness Handbook** Bob Glover, Jack Shepherd, 1989 Parent and child fitness fun aerobic endurance strength and flexibility sports programs nutrition stress and safety

Newsletter, 1980 **New York Road Runners Club Complete Book of Running** Fred Lebow, Gloria Averbuch, 1994

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The Beginning Runner's Handbook Ian MacNeill, Sport Medicine Council of B.C., 2001 Provides a training program for beginning runners discussing such topics as the psychology of running cross training diet and nutrition and injuries

The Runner's Sourcebook Ellen Sampson, 1998-12 A guide to running that provides basic information necessary for beginning intermediate and advanced runners on equipment training techniques marathons and other related topics

Runner's World, 1996

Culture, Bodies and the Sociology of Health Elizabeth Ettorre, 2016-05-13 Culture Bodies and the Sociology of Health explores the boundaries between bodies and society with special reference to uncovering the cultural components of health and the ways in which bodies are categorized according to a form of culturally embedded health orthodoxy Illustrating the importance of contextualizing the body as a cultural entity this book demonstrates that the spaces and boundaries between healthy bodies are becoming more diverse than ever before The volumes international team of scholars engage with a range of issues surrounding the cultural construction of the body as a site of health and illness As such it will be of interest not only to sociologists especially sociologists of health but also to scholars of media and communication studies as well as cultural theorists

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