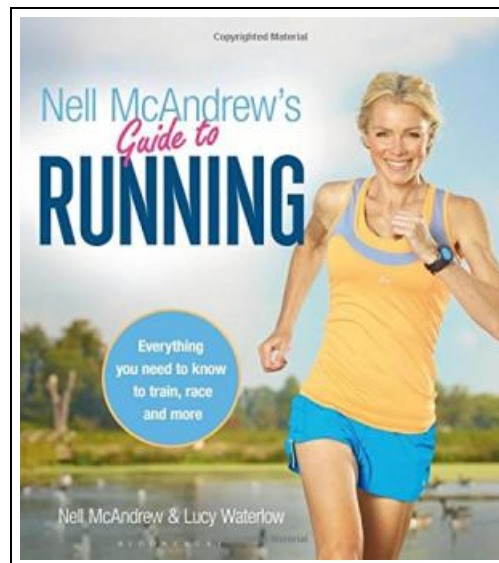


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NELL MCANDREW'S GUIDE TO RUNNING: EVERYTHING YOU NEED TO KNOW TO TRAIN, RACE AND MORE



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