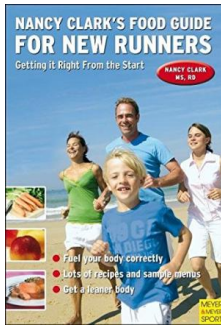


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NANCY CLARK'S FOOD GUIDE FOR NEW RUNNERS: GETTING IT RIGHT FROM THE START



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