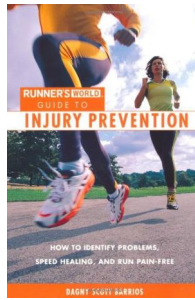


Runner s World Guide to Injury Prevention: How to Identify Problems, Speed Healing, and Run Pain-free



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