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## RUNNER S JOURNAL TRAINING LOG: MEDIUM SIZE 6X9, ONE YEAR TRAINING LOG, SHOE HISTORY, RACE LOG



Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. large type edition. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Runners track one year of training, shoe mileage/replacement, and races in this Runner s Journal Training Log. - 365 training entry sections - 9 shoe history sections - 52 race entry sections - Journal size 6x9 inches - Durable paperback/softcover, acid-free paper, and perfect bound spine for long journal life Each training...

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- Authored by Cheryl Casey
- Released at 2016



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