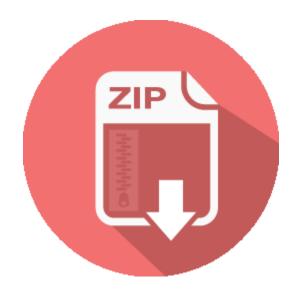
ANATOMY FOR RUNNERS



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I m in the middle of a crazy busy couple of weeks right now with traveling over 20,000 miles in a little over a month. Consequently, my posts may be a little shorter than usual for a while.

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