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Amby Burfoot, a lifelong runner and running advocate, has been executive editor of Runner's World magazine since 1985. In 1968, he won the Boston Marathon, the first American to do so in eleven years. He is the author of The Principles of Running and Runner's World Complete Book of Running. He lives in Emmaus, Pennsylvania.

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The Little Red Book of Running By Scott Douglas Scott Douglas offers the advice he's gleaned from three decades of running, from twenty years as a running writer, and from the deep connections he's made with top runners and coaches around the country and around the world.

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