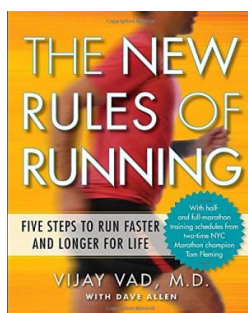


## New Rules of Running: Five Steps to Run Faster and Longer for Life



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