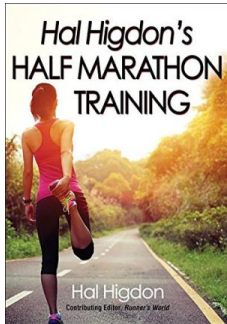


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# HAL HIGDON'S HALF MARATHON HANDBOOK



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