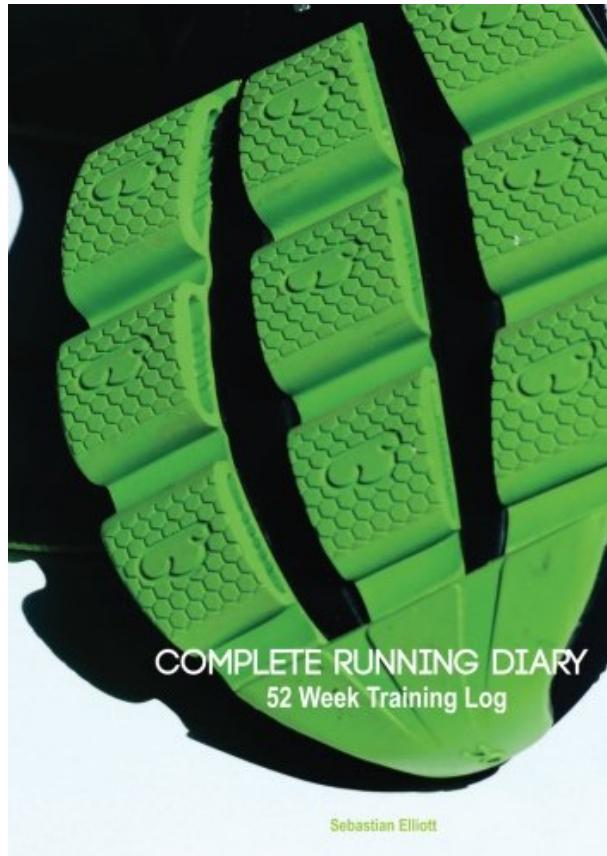
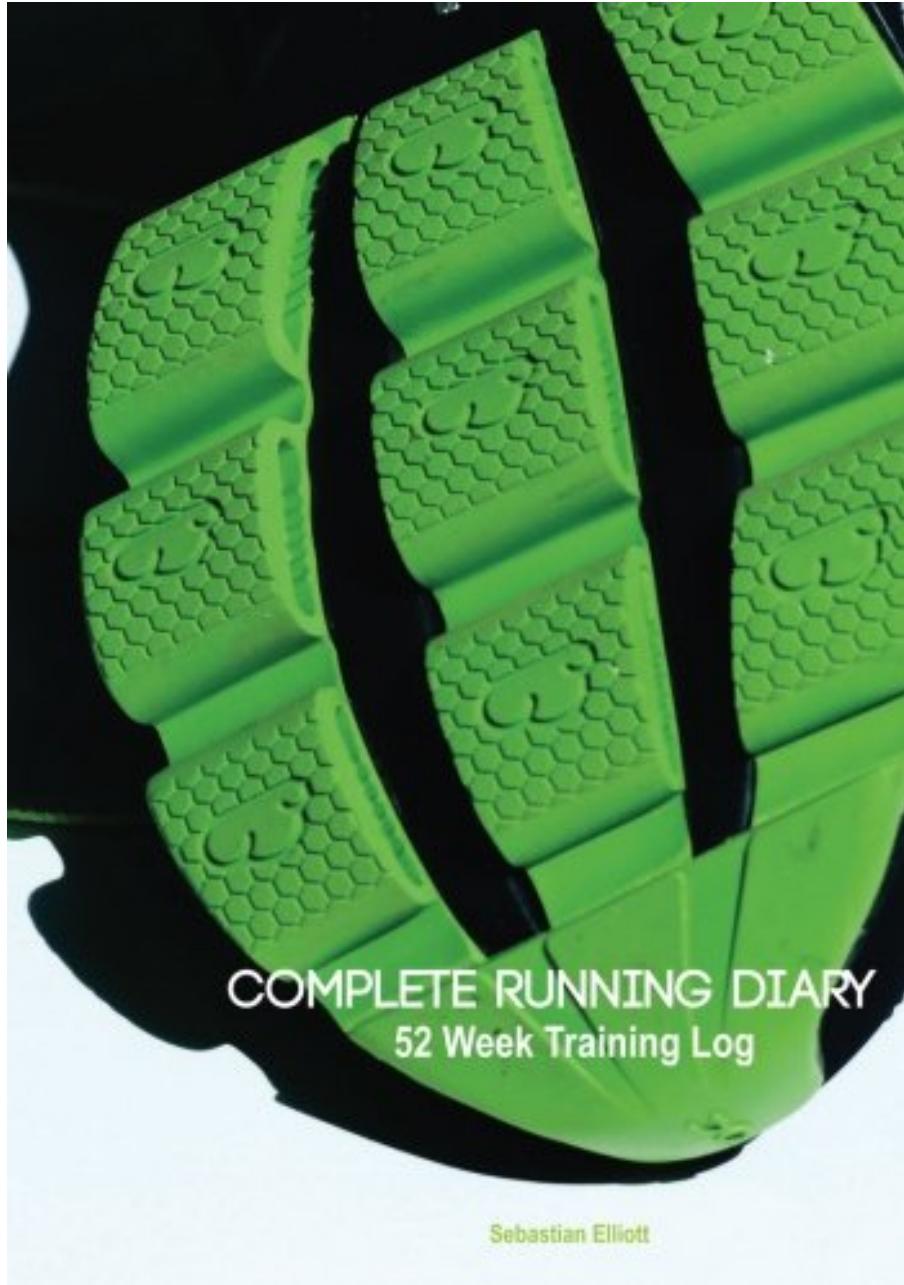


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The “Complete Running Diary” can enhance your satisfaction with your commitment to running. Put together to address both your physical and emotional needs as a runner -- with room for notes and observations beyond what typical running logs offer – this book can make a big difference in your physical and mental performance as a runner. The “Complete Running Diary” does not have pre-printed dates (so you can start using it any day of the year) and includes: =>a 52 week log designed for easy recording of vital daily information like distance ran to time spent running to route run to weekly goals =>weekly wrap-up sections for analysis to help you get more physically and emotionally from your running =>race logs to help you celebrate and learn from your participation in races =>a footwear log so you know when to change out your shoes and to help you determine which shoes best suit your personal needs =>over 50 motivational quotes and tips =>and more As a runner, you will be very happy you purchased this book. And, consider buying a copy of the “Complete Running Diary” for your friends who run, they’ll be very appreciative of a gift that gives every day of the year. So don’t delay, scroll up now and get copies for yourself and your running friends. NOTE: Websites and apps for runners are great, but they lack the tangibility of a book such as this. Nothing can replace the excitement and pride of holding a completed, physical runner’s log book in your hands. Take full advantage of computerized measurement and analysis, but also keep a physical log ... it’s a very personal and positive experience that mirrors the personal and positive experience you have when running.

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