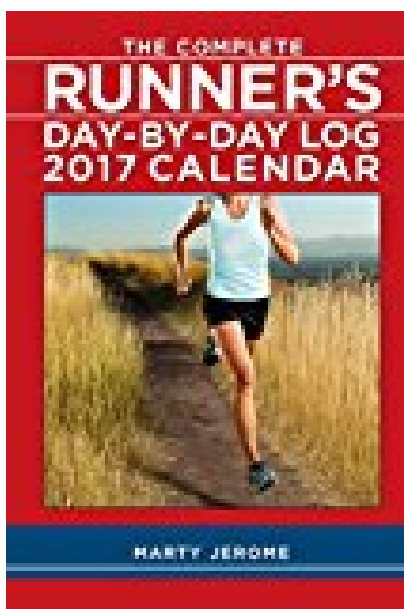


The Complete Runners Day-by-Day Log 2017 Calendar



BOOK DETAILS

- Author : Marty Jerome
- Pages : 144 Pages
- Publisher : Andrews McMeel Publishing
- Language : English
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BOOK SYNOPSIS

Provides information on every aspect of running, detailing its physical and psychological benefits, the physiological mechanics of running, equipment, competitive running, running techniques for people over forty, and other topics

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