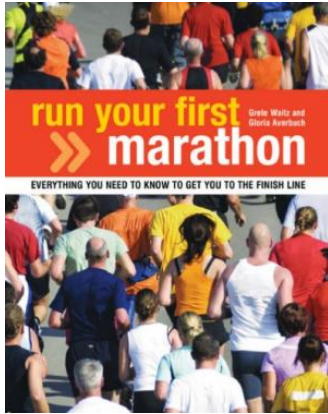


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RUN YOUR FIRST MARATHON: EVERYTHING YOU NEED TO KNOW TO MAKE IT TO THE FINISH LINE



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