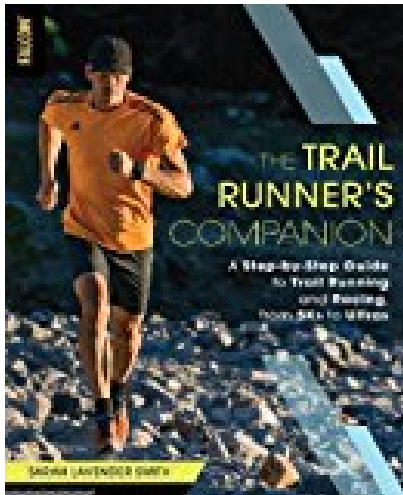


The Trail Runners Companion A Step-by-Step Guide to Trail Running and Racing from 5Ks to Ultras



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BOOK SYNOPSIS

Guide to runnings fastest growing endurance and adventure sport. Everything You Need to Know About Equipment * Finding Trails * Nutrition * Hill Strategy * Racing * Avoiding Injury * Training * Weather * Safety

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