



The Complete Runner's Day-by-Day Log 2016 Calendar

Marty Jerome

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This calendar/log has kept runners on track, energized, motivated, and resolute for nearly forty years.

The spiral-bound pages include space for recording times and miles and for making notes. Full color photographs, indispensable tips, and thought provoking quotes are found throughout. With Marty Jerome's original, smart, and sensible monthly essays, this running log is a clear winner.

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