

Running in the Zone: A Handbook for Seasoned Athletes

Steve King & Dan Cumming (co-editors)



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Running in the Zone: A Handbook for Seasoned Athletes Steve King & Dan Cumming (co-editors) Older runners (46-76) share their love of running, triumphs and challenges through 26 moving and motivating contributions, meant to tell the seasoned athlete how to keep on running and enjoying this sport.

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