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# RUNNER'S JOURNAL



Record book. Book Condition: New. Not Signed; The Runner's Journal is a gender-neutral tool for tracking all key aspects of one's running practice, aimed at regular runners ranging from aspirational early intermediates to intermediate-advanced runners. Would enable users to track: - Goals - Route/Course - Terrain (trail, pavement, track, hills/declines) - Elevation - Indoor/outdoor - Mood and physical sensations, with happy/sad/neutral face symbols that runners can fill in - Weather - Times/splits - 'Fuel' and hydration - Personal rewards (massage!...

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- Authored by Chronicle Books
- Released at -



Filesize: 8.35 MB

## Reviews

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*This publication may be really worth a go through, and a lot better than other. It really is full of knowledge and wisdom Its been printed in an exceptionally easy way in fact it is simply after i finished reading this publication by which basically modified me, affect the way i really believe.*

**-- Troy Dietrich DDS**

*A must buy book if you need to adding benefit. I am quite late in start reading this one, but better then never. You may like just how the article writer compose this ebook.*

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