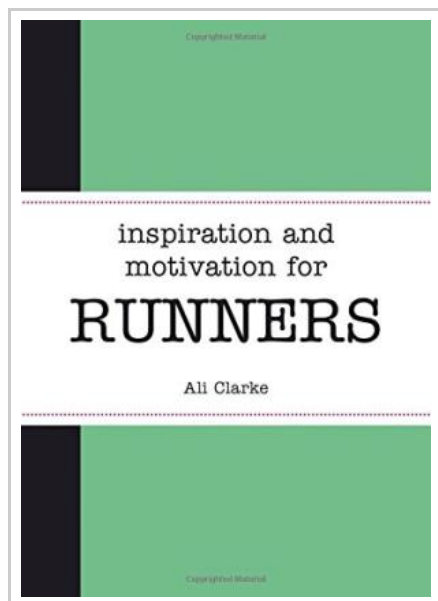




Inspiration and Motivation for Runners

By Ali Clarke

Summersdale Publishers. Paperback. Book Condition: new. BRAND NEW, Inspiration and Motivation for Runners, Ali Clarke, 'Every day is a good day when you run.' Kevin Nelson RUN MORE - RUN BETTER - RUN NOW! This colourful little book of uplifting quotes and tailored tips delivers motivational sparks and hearty encouragement for runners. Read it, run with it, use it as a training weight - whatever you do it, the aim is simple: to get you running!.



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