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The runner's edge

Written by Stephen McGregor, PhD & Matt Fitzgerald THE BOOK: Elite runners have long relied on technology to analyze performance, maximize training, and challenge

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THE RUNNER'S EDGE STEPHEN J MCGREGOR / MATT FITZGERALD HUMAN KINETICS PUBLISHERS (OCT 2009) PAPERBACK, 211 pages, 254 x 179 mm. Prod. # 9780736081153 (American edition)

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The Runner s Edge, which I coauthored with Stephen McGregor, PhD. Matt Fitzgerald is a journalist, author,

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