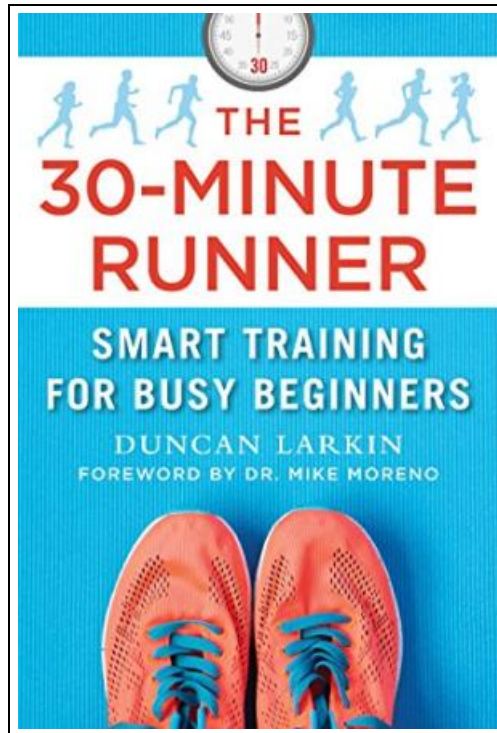


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Skyhorse Publishing, United States, 2018. Hardback. Condition: New. Language: English . Brand New Book. The market is awash in titles for elite athletes and marathoners but little attention has been paid to the beginning runner. Foreword by Dr. Mike Moreno, New York Times #1 bestselling author of the 17-DAY DIET, who has a large Facebook following (over 100 thousand likes). The author, a freelance journalist who has covered the sport of running for over fifteen years with numerous pieces in publications such as Running Times Magazine and Runner s World and a top 200 American marathoner and coach, is uniquely qualified to write this book.



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