



America's Best Places to Run

Jeff Galloway

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America's Best Places to Run enhances the running experience by offering access to very special running routes. Research shows that runners travel more than the average person. They are constantly looking for great places to run. This book gives a preview of the scenery with directions to the start and special instructions to enjoy the area. This book includes tips on training for trail running, dealing with elevation, running uphill and downhill, terrain issues, and endurance. Time-tested suggestions for choosing footwear, clothing, drinks, and energy snacks are provided.

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