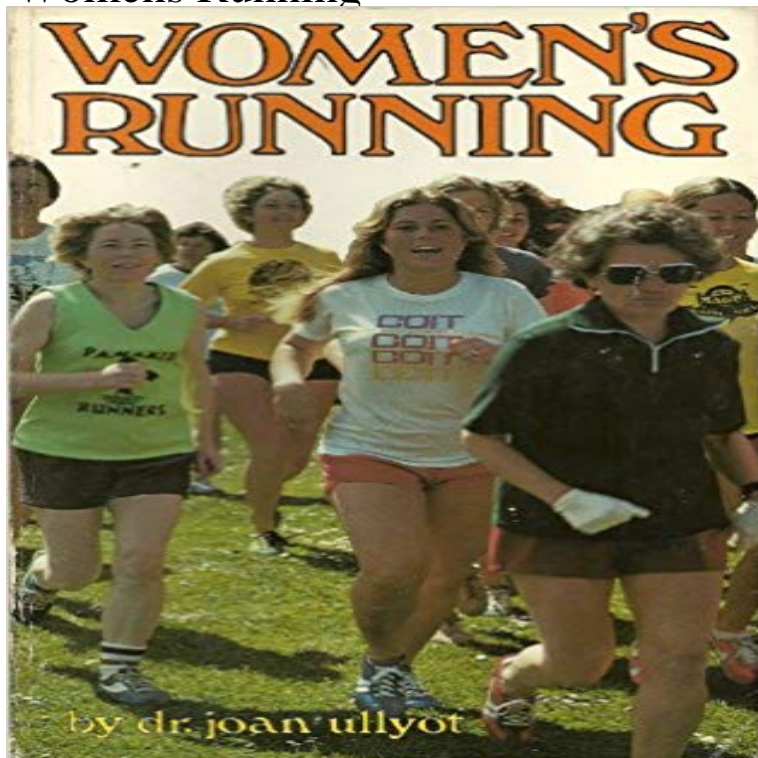


## Womens Running



Paperback book (1976) with training plans, aids and advice, and running medicine by Dr. Joan Ulyot. Emphasis is on the mature woman who runs for fitness and long distance competition.

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