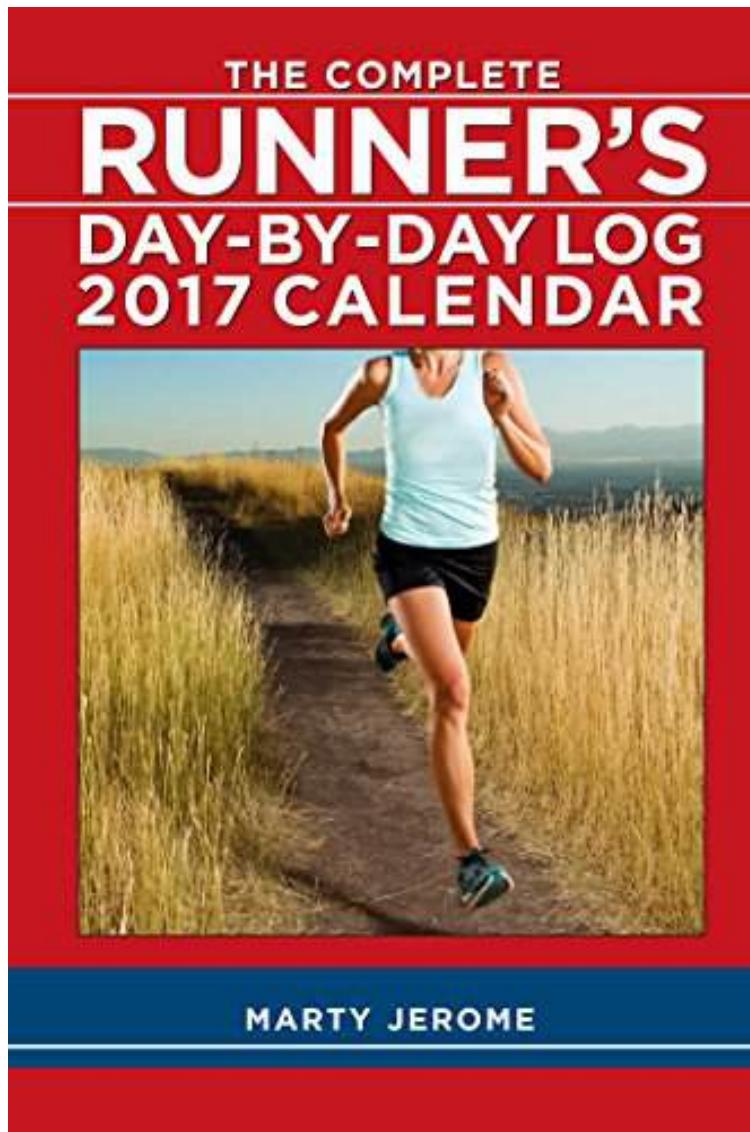


(Free read ebook) The Complete Runner's Day-by-Day Log 2017 Calendar

The Complete Runner's Day-by-Day Log 2017 Calendar

By Marty Jerome
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| #62389 in Books | 2017 Calendars | 2016-08-02 | 2016-08-02 | Format: Engagement Calendar |
Original language: English | PDF # 1 | 9.20 x .40 x 6.30l, .88 | Binding: Calendar | 144 pages
| Format: 2017 Softcover Engagement Planner Calendar | Size Closed: 6W x 9.25H | Size Opened: 12W x
9.25H | Grid Size: N/A | Binding: Spiral | File size: 57.Mb

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on memorial provides training programs for various distances and levels clinics events and results calendar locations racing circuit safety information and fun runs The Complete Runner's Day-by-Day Log 2017 Calendar:

1 of 1 review helpful I love these logs By DLB I've been getting one for at least the last 10 years It becomes a compulsion to write down what I've done exercise wise every day I think most runners are pretty compulsive so it's a good fit There is room for comments each day and I especially like the bar graph pages and the Record of Races in the back of the book There are photos inspirational quotes running related The Complete Runner's Day by Day Log 2017 Calendar by Marty Jerome has long been a favorite running journal among runners The spiral bound pages of this running log calendar include helpful tips inspiring quotes full color photographs lots of space for recording times and miles and for keeping notes and Marty Jerome's thought provoking monthly essays

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