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The Youth and Teen Running Encyclopedia

Mick Grant and John Molvar



by Mick Grant : **The Youth and Teen Running Encyclopedia: A Complete Guide for Middle and Long Distance Runners Ages 6 to 18**

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PDF-fa1a3 | The Youth and Teen Running Encyclopedia is the first ever complete guide for middle and long distance runners ages 6 to 18, their coaches and parents. It shows the proven formula of Mick Grant, who produced Hershey's North American Final qualifiers 12 consecutive years, multiple Footlocker Finalists and National Champions several years in a row, including Hershey's North American Final, USATF Juni... *The Youth and Teen Running Encyclopedia: A Complete Guide for Middle and Long Distance Runners Ages 6 to 18*

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