



## Inspiration and Motivation for Runners

*Ali Clarke*

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# Inspiration and Motivation for Runners

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## **Inspiration and Motivation for Runners** Ali Clarke

*"Every day is a good day when you run." —Kevin Nelson*

This colorful little book of uplifting quotes and tailored tips delivers motivational sparks and hearty encouragement for runners. Read it, run with it, use it as a training weight—whatever you do it, the aim is simple: to get you running!

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