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Running And A Better Life By Adam Goucher;Tim
Catalano**

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Adam goucher (author of running the edge)

About Adam Goucher: Adam has a long list of accomplishments both as a student and as an athlete. In 1994, during his senior year of high school,

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Running the Edge Olympian Adam Goucher and Tim Catalano authors of Running The Edge: Discover the Secrets to Better Running and a Better Life.

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