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Pat Logan wasn't just my first running coach; he was my first running hero. I was a 103-pound freshman on the La Canada High School cross country team. Logan was a 6

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Build Your Running Body (by Pete Magill, Thomas Schwartz, and Melissa Breyer) is a how to guide for coaches and runners that want to improve their race times

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When given the opportunity to read and review Build Your Running Body by Pete Magill, Thomas Schwartz and Melissa Breyer, I was beyond thrilled.

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