



Anyone Can Run: Essential Starter Guide

Joan Geraghty

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Geraghty's contention is that anyone can run, and derive both pleasure and benefit from the activity. A busy mother of four small children, she came to running late and began slowly on the treadmill in the gym, progressing to half-marathons and marathons. In easy, gripping style, she describes the highs and lows, the pleasures and disillusionment, at the same time providing invaluable advice and tips for aspiring, beginning and improving runners.

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