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Thursday guest speakers - rock 'n' roll marathon

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Better known as Running Doc , Maharam is the past medical director of the Rock n Roll Running Doc s Guide to Healthy Running (VeloPress, 2011), A

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Run healthy, run strong: dr. steve smith' s guide

Run Healthy, Run Strong: Dr. Steve Smith's guide to injury prevention and treatment for How to Fix Injuries, Stay Active, and Run Pain-Free Paperback. Lewis G

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The Running Doc Will Help You Stay Healthy How to Fix Injuries, Stay Active, and Run Pain-Free is the Lewis G. Maharam, MD, better known as Running Doc

Running doc's guide to healthy running : how to

Summary: Maharam,, Lewis G. is the author of Running Doc's Guide to Healthy Running : How to Fix Injuries, Stay Active, and Run Pain-Free, published 2011 under ISBN

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Dr. Lewis G. Maharam is the Rock N Roll Marathon Series Medical Director and the author of the new book, Running Doc s Guide to Healthy Running: How to Fix