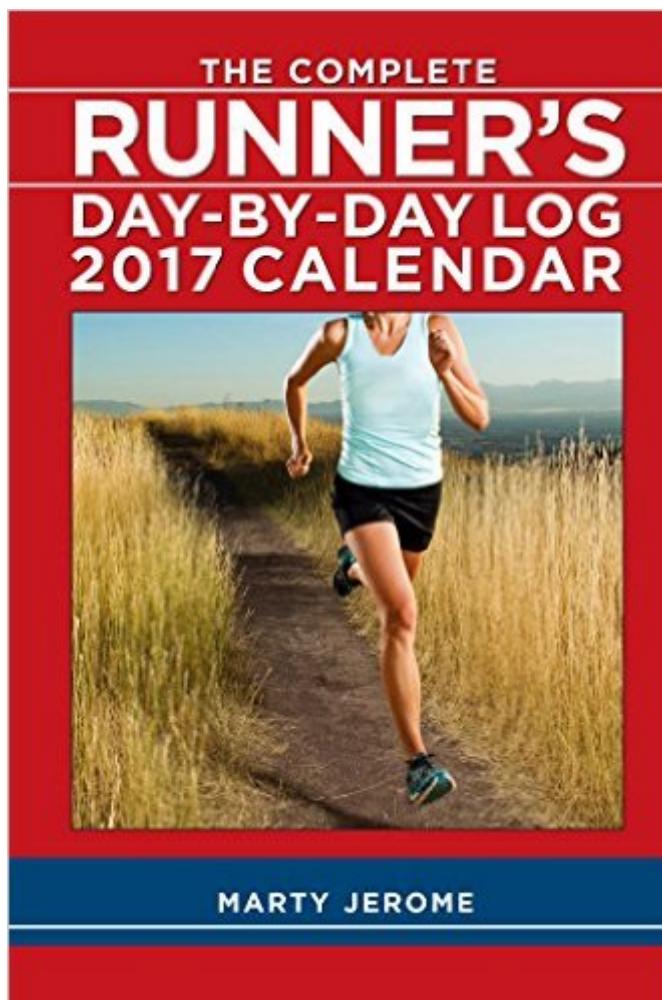


The book was found

The Complete Runner's Day-by-Day Log 2017 Calendar



Synopsis

The Complete Runner's Day-by-Day Log 2017 Calendar by Marty Jerome has long been a favorite running journal among runners. The spiral-bound pages of this running log/calendar include helpful tips, inspiring quotes, full-color photographs, lots of space for recording times and miles and for keeping notes, and Marty Jerome's thought-provoking monthly essays.

Book Information

Calendar: 144 pages

Publisher: Andrews McMeel Publishing; Egmt edition (August 2, 2016)

Language: English

ISBN-10: 1449476619

ISBN-13: 978-1449476618

Product Dimensions: 6.3 x 0.4 x 9.2 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 starsÂ See all reviewsÂ (2 customer reviews)

Best Sellers Rank: #15,511 in Books (See Top 100 in Books) #31 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Running & Jogging #73 inÂ Books > Calendars #92 inÂ Books > Sports & Outdoors > Individual Sports

Customer Reviews

Love this journal! As someone who ran for 28 years, covering 22,000 miles, and now walks 3 miles every day covering another 16,000 miles I use this journal to document where I was, how my body is responding, and the weather and location where I am walking. I have been using this journal since 1986.

I have been buying this journal for the last 16 years. Its a great way to monitor your progress.

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