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I am certain Anatomy for Runners is spot on because Jay has helped several of my athletes both remain healthy as well as get back to championship form. Jason Vigilante This is the best resource on running biomechanics and injury prevention.

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To find out more about Jay and Anatomy for Runners (including purchasing a copy), go here. Comments (5) MarkC. Jay, thanks for sharing the piece and for sharing your knowledge with me over the years. NRC readers get off the blog now and order the book..this is the foundation of all running knowledge.

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