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Running is a great way to get fit, feel better and even form new relationships with other runners. Starting a new running habit doesn t have to be hard all it takes is a comfortable pair of

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The Senior Runners Running Seniors Senior Runners

The Senior Runners is an association devoted to runners and how running has helped improve the quality of their lives. They post and discuss running tips, running techniques, discussions on running forms, running programs and how running improves fitness, health and lifestyle.

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Achilles tendonitis is an extremely common injury, not just in running but in many sports. The severity of overuse injuries to the Achilles tendon can range from dull soreness that barely impacts your ability to run or play sports to chronic, debilitating pain that can last for months or years.

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