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Table 1: Regression models

	Distance	Avg. HR	Avg. HR	Avg. Pace	Calories
Year	0.16*		−1.89***	0.08**	3.94
	(0.09)		(0.27)	(0.03)	(5.68)
Avg. Pace		−11.77***	−11.51***		−27.51***
		(0.44)	(0.46)		(9.01)
Distance			0.15	−0.05***	−2.95
			(0.14)	(0.02)	(3.02)
Elevation Gain			0.01	−0.00	1.04***
			(0.02)	(0.00)	(0.35)
R^2	0.01	0.66	0.72	0.06	0.06
Num. obs.	390	365	311	333	333

All models are ordinary least squares regressions.