

***The Essential Sheehan A Lifetime Of Running Wisdom From
Legendary Dr George***

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The Essential Sheehan Quotes by George Sheehan

The Essential Sheehan is a treasure for runners, especially those of us who are getting older. Here's a man who ran competitively into his 70's, who could break a five minute mile when most men his age wouldn't walk a mile, who ran a 3:01:10 marathon when he was 61. We want to hear everything he has to say.

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