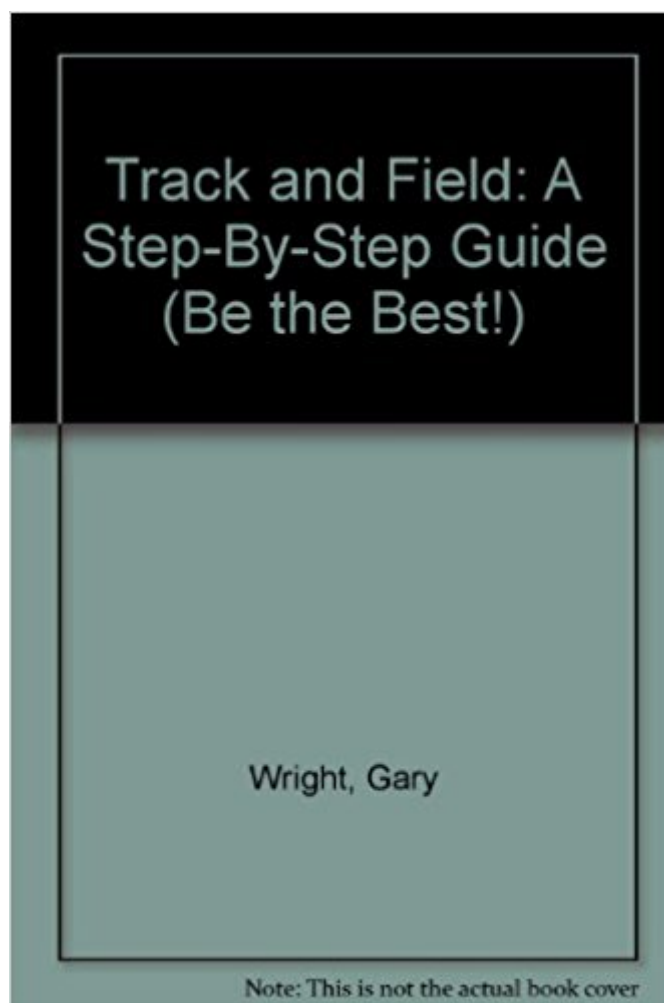


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# Track And Field: A Step-By-Step Guide (Be The Best!)



## Synopsis

An introduction to the history and techniques of various track and field events with advice on training and competition. --This text refers to an out of print or unavailable edition of this title.

## Book Information

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