

A woman in a pink tank top and black shorts is running away from the camera on a paved road. A large yellow measuring tape is laid out on the road surface, with numbers 8, 9, 10, and 11 visible. The background shows a clear sky and some greenery.

**LOOK
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RUNNER'S WORLD

RUN TO LOSE

**A Complete Guide to
WEIGHT LOSS
for Runners**

**Jennifer Van Allen and
Pamela Nisevich Bede, RD, CSSD**

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