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—Bart Roberts, Four-time Boston Marathon Winner, Six-time New York City Marathon Winner

ALBERTO SALAZAR'S GUIDE TO ROAD RACING

**Championship
Advice for Faster
Times from 5K to
Marathon**



*World Record-Holder, Three-Time New York City
Marathon Winner, Boston Marathon Winner*

Alberto Salazar

with Richard A. Lovett

Alberto Salazars Guide To Running

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