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The Cover

"It's a great day for the race," my grandfather used to say.
 "What race?" we grandchildren would ask eagerly.
 "The human race," he'd reply.

Besides the human race, most of us are in a rat race and a race against time. And we run. We run out of time and into trouble. We run up a bill and run down an enemy. We run in circles and we run around. But if that is the extent of our running, we may also feel run down.

To some 26 million Americans, however, running is more than a cliché. Leaving behind their remote-control television sets, their electric golf carts, and their cars with push-button windows, they run. Some run for their bodies; they know that running is one of the most efficient ways to condition the cardiovascular system.

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