

## Coming Soon - The RunSmart Book

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Tuesday, 13 November 2007  
Last Updated Tuesday, 13 November 2007

Mark April 1, 2008 on your calendars - as this is the day that I will release the first edition of the book "RunSmart - A Comprehensive Approach To Injury-Free Running". You will be able to purchase it directly from this website or by simply contacting Smart Sport International. Cost is yet to be determined. Keep checking in for updates as we get closer to the date of the first release!!