

Coming Soon - The RunSmart Book

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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!!