

RunSmart Book Update

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Here's a quick update on the RunSmart book. The good news is that the book has been completed. All of the writing is done. The final draft is under review as we speak!!

The bad news is that ... it won't be available today. Having said that, I would expect that it will be available by April 13 or 14. The first edition will be a hardcover version and will be available through this website. The expected cost of it will be in the range of \$20 to \$25 which will be finalized this week.

Stay tuned for more details! The time is almost upon us ...