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where i started my c25k journey and what ultimately led me to where i am now i ve been thinking a lot about this lately as i ve kind of lost the running bug this year

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the following 10 tips may make your journey back more pleasant have a goal in mind a goal may be as simple as going out to *running free a runner s journey back to nature goodreads* Oct 29 2022 running as nature intended part diary of a year running through the northamptonshire countryside part exploration of why we love to run without limits running free is an eloquent and inspiring account of running in a forgotten rural way observing wildlife and celebrating the joys of nature